

BODY DE-ARMORING

FOR SEXUAL, EMOTIONAL, AND TRAUMA HEALING



BY TRADITIONALBODYWORK.COM

Contents

Preface	5
Introduction	8
WILHELM REICH GODFATHER OF DE-ARMORING	9
BODY DE-ARMORING VERSUS BODY PSYCHOTHERAPY	11
SOMATICS AND THERAPY	13
MIND-BODY THERAPIES	15
BODY LANGUAGE	17
MIND-WORK AND BODYWORK	20
SOMATIC HEALING VERSUS SOMATIC EDUCATION	23
IS DE-ARMORING NECESSARY?	25
Armoring and De-Armoring Concepts	27
CHARACTER ARMOR	28
BODY ARMOR AND DE-ARMORING	31
BODY, MUSCULAR, AND EMOTIONAL DE-ARMORING	37
HEALTH BENEFITS OF DE-ARMORING	39
STRESS AND ANXIETY	41
TRAUMA PHYSICAL AND PSYCHOLOGICAL INJURIES	43
SEXUAL TRAUMA	46
SEXUAL DE-ARMORING	48
GENITAL DE-ARMORING	51
ORGASTIC POTENCY	53
REPRESSION VERSUS SUPPRESSION	56
SUBCONSCIOUS VERSUS UNCONSCIOUS	59
CATHARSIS CLEANSING AND CLOSURE	61
VITAL LIFE ENERGY AND DE-ARMORING	63
THE AUTONOMIC NERVOUS SYSTEM (ANS)	65
POLYVAGAL THEORY	67
PROPRIOCEPTION AND INTEROCEPTION	72
ATTACHMENT THEORY	76
De-Armoring Techniques.....	79
BODYWORK AND EXERCISES	80
BREATHWORK	82
CONVULSIONS	86
GROUNDING	87
GUIDED IMAGERY	89
TALK THERAPY	91
MASSAGE THERAPY	94
MINDFULNESS	96
MOVEMENT, POSTURE, AND DANCE	98

SEX TOYS AND DEVICES.....	100
SIMULATION AND ROLEPLAY	101
SUGGESTIVE MUSIC	103
TOUCH.....	105
VOCALIZING.....	107
De-Armoring in Practice	108
INTAKE ASSESSMENT	109
RISKS, PRECAUTIONS, AND CONTRAINDICATIONS	111
DE-ARMORING HARD OR SOFT APPROACH?	114
FULL-BODY DE-ARMORING.....	116
PARTIAL BODY DE-ARMORING	118
EXTERNAL AND INTERNAL DE-ARMORING.....	120
SEGMENTAL DE-ARMORING (WILHELM REICH)	122
DE-ARMORING SESSIONS.....	125
PHYSICAL ASPECTS OF EMOTIONAL RELEASE	127
TRAUMA INFORMED SESSIONS	130
AFTERCARE, SHADOW WORK, AND INTEGRATION	132
ETHICS IN DE-ARMORING PRACTICES.....	135
CONSENT AND DE-ARMORING.....	137
SELF DE-ARMORING IS IT POSSIBLE?	139
De-Armoring Body Parts.....	142
ARMOR LOCATIONS IN RELATION TO DISTRESSING EMOTIONS	143
ABDOMINAL AND DIAPHRAGMATIC DE-ARMORING	150
ANAL DE-ARMORING	153
BACK DE-ARMORING.....	155
CHEST DE-ARMORING.....	156
FACIAL AND HEAD DE-ARMORING	158
JAW DE-ARMORING	160
NECK DE-ARMORING	161
PELVIC FLOOR DE-ARMORING	162
PENIS AND TESTICLES DE-ARMORING	164
PROSTATE DE-ARMORING	166
SHOULDER DE-ARMORING	168
THROAT DE-ARMORING.....	169
VAGINAL DE-ARMORING	170
DE-ARMORING OTHER BODY PARTS	172
De-Armoring Treatment Modalities	173
BIODYNAMIC BREATHWORK & TRAUMA RELEASE SYSTEM®	174
BIODYNAMIC MASSAGE	176
BIOENERGETICS (BIOENERGETIC ANALYSIS)	178
BODYTALK SYSTEM	180
CORE ENERGETICS	182
GENITAL MAPPING	184
HAKOMI THERAPY	186
HELLERWORK STRUCTURAL INTEGRATION	189

HOLOTROPIC BREATHWORK®	191
INTEGRATIVE SOMATIC THERAPY PRACTICE™	193
JIN SHIN DO	195
NEO-REICHIAN MASSAGE	196
NEUROAFFECTIVE TOUCH®	198
POSTURAL INTEGRATION	200
PULSING	202
RADIANCE BREATHWORK	203
RADIX WORK	205
REICHIAN BREATHWORK	206
REICHIAN THERAPY	209
ROLFING STRUCTURAL INTEGRATION	210
ROSEN METHOD BODYWORK	212
SENSORIMOTOR PSYCHOTHERAPY	214
SEXOLOGICAL BODYWORK	216
SHAMANIC DE-ARMORING	218
SOMATIC BREATHWORK	220
SOMATIC EXPERIENCING® (SE™)	222
SOMATIC SEXOLOGY	224
SOMATIC STRESS RELEASE™	226
TANTRIC DE-ARMORING	228
TENSION & TRAUMA RELEASING EXERCISES (TRE®)	231
THE GAIA METHOD	233
VEGETOTHERAPY (ORGONE THERAPY)	234
Supplement.....	237
CHAKRAS	238
CONSCIOUS CONNECTED BREATHING	243
HOLISM, HEALTH, AND HEALING	244
HYPERVENTILATION AND BREATHWORK	246
KUNDALINI ENERGY	248
ORGONE ENERGY	251
SHALLOW BREATHING	254
VITALISM AND LIFE FORCE ENERGY	256
WHAT IS BREATHWORK?	258
Appendix.....	260