

The nature of western life is to rush. We think that the faster we move, the more we will accomplish. Nothing could be further from the truth. In our communication with people we often react to rather than listen to what is being communicated to us. Just as in communication, much of our being in the world is a reaction to what is going on in the moment, rather than a being with what is going on in the moment. When we react to something we usually "speed up". We lose the integrated sense of ourselves. We lose our ability to see what the other possibilities for action are in the moment when we need them the most. These are habits that we accumulate in our lives from many different places. Many of which are from traumatic occurrences both large and small that have happened along the way. The reactive behavior is simply a coping or survival mechanism that we acquired to help us through the trauma. Through the exploration of how we do what we do, we begin to heal these deeply ingrained habitual ways of being. This is where we find ourselves. This is where potential becomes reality. This where we receive our own answers on how better to manage our lives.

Trauma Resolution

The very structure of trauma, including hyper-arousal, dissociation, and freezing, is based on the evolution of the predator /prey survival behaviors. The symptoms of trauma are the result of a highly activated incomplete biological response to threat, frozen in time. By enabling this frozen response to thaw, then complete, trauma can be healed.

Traumatic symptoms are not caused by the dangerous event itself. They arise when residual energy from the event is not discharged from the body. This energy remains trapped in the nervous system where it can wreak havoc on our bodies and minds. Wild animals have the ability to shake off this excess energy. The key for humans in dispelling traumatic symptoms lies in our being able to mirror wild animals in this way.

Brook works in a safe and gradual way to help trauma survivors develop their own natural ability to resolve the excess energy caused by overwhelming events.

High Conflict Resolution

Often we get caught in conflict because we are in some way attached to it, either by habit, or because we fear what it might be to not have the distraction of the conflict. That is to say, we aren't ready to give up the conflict because it is what we know. We believe that this is the way it has to be. It is our belief system that we can't change the dynamic we are caught in. The truth is, it only takes one person in a conflict to change it. If one of the people in the conflict begins to set boundaries, thus changing the dynamic, there is a new energy that arises and the conflict ceases to exist. The phrase, "It takes two to tango", is true. Sometimes we get so caught up in our conflict, all we see is the need for the other person to just do what we want them to do. If we can change our own way of thinking and doing things, the conflict almost always ends. It's not up to us to change someone else; they will or they won't change based on their own need. It is, however, up to us to change ourselves.

Brook works with his clients to resolve conflict by exploring how they are in the conflict, and helps them to find new healthier ways to be in relationship with others.