



Ways

trauma-informed

self-defence

is healing





1 CREATING A SAFE SPACE

Trauma-informed self-defence training creates a safe and welcoming space so that those of us who have experienced trauma are able to learn and grow. The training acknowledges and respects the experiences we might be carrying, and works to minimize activation levels.



2 PHYSICAL AND EMOTIONAL SAFETY

Trauma-informed self-defence training focuses on both physical and emotional safety. It teaches us how to protect ourselves physically, while also addressing the emotional and psychological impacts of trauma. It doesn't replace therapy, but it can be an excellent additional resource.



3 BUILDING CONFIDENCE

Trauma-informed self-defence training helps us build confidence in our own abilities, and to feel more in control of our safety and well-being. It creates more confidence, not only about our physical safety, but in every area of life.



4 ENCOURAGING SELF-CARE

Trauma-informed self-defence training teaches us how to prioritize our own safety and well-being, which is an important aspect of self-care. It's also an embodied practice of caring for ourselves, which teaches us at a cellular level that we matter, that we're worth fighting for, and that we deserve to care for ourselves in every area of life.



5 FOSTERING EMPOWERMENT

Trauma-informed self-defence training empowers us to take control of our own safety and well-being. It also empowers us to take control of our lives in healthy, nourishing ways. This can be a powerful tool for healing from trauma.



6 ADDRESS TRAUMA-SPECIFIC NEEDS

Trauma-informed self-defence training addresses the specific needs for those of us who have experienced trauma, and helps us to regain a sense of agency and control over our bodies and surroundings. This includes taking the learning at a pace that is slow and steady, and that is right for us as an individual.



7 NERVOUS SYSTEM REGULATION

Trauma-informed self-defence training helps us to regulate our nervous system by providing a safe and non-threatening environment. The physical exertion involved in training can help to release endorphins, which are natural mood-boosters and help to calm the body and mind. Additionally, the focus required during training can help to distract from daily stressors and bring the body into a state of relaxation and balance, which can be beneficial for healing from trauma.



8 TRAUMA-SPECIFIC NERVOUS SYSTEM REGULATION

Trauma-informed self-defence training is 100% consent-based. Each stage of the learning is agreed upon by the student, so that it can truly be a healing experience, even when the training asks us to do hard things. This helps us regulate our nervous system, increases trust, and improves our ability to cope with and overcome difficult situations.

*Read our other
downloadable PDF:
8 reasons why
self-defence is self-care.*

Please sign up for our mailing list to stay
informed about upcoming events!

WWW.HORSESENSENORTH.COM

