



# FREIA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## **ROBIN TRAINOR INTERVIEW:**

### **Welcome To FREIA!**

Like many of us, I came from a dysfunctional family. Yet, I did not even suspect this until years later. I got my Master's degree in Family Relations from the University of Pennsylvania, and have worked in the field for over thirty years. At the time I was studying there were no protocols for dealing with sexual abuse or sexual trauma, so I went my own way – *“healing the inner child.”* I focused on the 12-step recovery community because that was an underserved community that included a great deal of sexual abuse.

I learned EMDR – Eye Movement Desensitization and Recovery --- a very powerful therapy that helps change beliefs - I was hooked that something so simple as that could change reactions and lower distress. I began talking on sexual healing and the energy of sexuality. I later learned EFT and did a lot of personal work clearing my own trauma. At the time I was tired, burned out. I felt old and had given enough. Learning and practicing EFT was a rebirth for me, and I shifted 100% to just doing energy work.

We began doing group intensives – re-patterning the physiology – clearing traumas with tapping, but I found that we also needed to rebuild the energy field in our clients to hold the healing energy. If the energy container is “fractured,” which it is in sexual abuse survivors, all the good work we do with tapping doesn't hold because the electrical system is shut down.

When people have energy they feel good and when they are depleted, they don't. I noticed that trauma survivors do not hold energy because their “container” has been “torn” as a result of the trauma --- trauma creates tears in the energy field and survivors leak their energy. It's no more complicated than that. I realized that my work in assisting people with those tears and wounds from childhood sexual trauma was to not only repair them, but to transform them the highest positive way – storing energy, not depleting their energy.

At the time I was treating clients and training therapists, being an advocate, one of my own family members was date raped. It is only now as an adult that we are clearing and stabilizing what resulted in many negative issues for her and her family. When one person goes off the cliff, its common that one by one, everyone goes off the cliff.

I could not change the external, but I could change the internal about how they process it. I learned that trauma does not have to be forever; that we could turn things around. As a family, we have paid in a huge way for that one incident, but we have finally made it to the other side and the energy work is responsible for that.

Energy techniques have made such a dramatic difference in my own life.

We used to say that sexual trauma was a seven year healing process the 'old way' - beating pillows, grieving, breaking glass and dishes, etc. Even though they'd done good work, they had not cleared the trauma patterns. Now with a single event trauma we can clear a significant amount of trauma out of their system in one session! There will still be a memory of it, but there won't be the trauma. There won't be the post traumatic stress response.

Using traditional talk therapy didn't work, the results just weren't there. People felt heard and supported and that's good, but they weren't any better - there were still carrying the trauma.

I believe and the work we are doing suggests that *everything is healable*, that every trauma can be healed. Why would we allow people to suffer needlessly when we have these tools and this choice?

FREA would like these tools to be in the hands of everyone who has experienced sexual trauma through the staff and providers of rape crisis centers and emergency rooms and domestic violence centers. There is a big population that we want to reach. Placing trauma information and training in every emergency center across the country is a major goal for me. Offering training to all professionals who can assist someone ASAP is paramount to reducing the long term effects.

I knew if someone had been helped getting that trauma out of their system, I wanted to get these techniques into the hands of first responders - go out on police calls, start helping people release their trauma in the ER - basic hand holding techniques would be really powerful. Trauma survivors need so much support. Training trainers is where we can do the most good and where my heart is.

I would say to any newcomers to this work --- sexual trauma is healable, and it can be the springboard to a stronger, happier, healthier life.

I thank you for reading this; and welcome to FREA!

Robin Trainor

