



Anssi Leikola is a psychiatrist, therapist, author and trauma survivor. In his presentation Leikola speaks about autonomic nervous system, safety and healing trauma.

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Since the year 2001 I have worked intensively in the area of emotional trauma, and gained gradually understanding of what it is, and how it can be healed most efficiently.

On this way I have been trained by world leading traumatherapists, including the use of sensorimotor approach in psychotherapy.

In the year 2014 I published a philosophical book about trauma, how it would be understood fruitfully, and its meaning in the general psychiatry. Right now I'm writing another book about the practice of healing trauma.

My hero in history is Pierre Janet (1859-1947), to whom I owe so much. In the presentation I try to give a hint of his vast heritage, the psychology of action, which greatly influence my daily work. The aim of mine and my collaborators have been to enhance the knowledge of healing trauma in Finland in multiple ways. I have worked as a psychiatrist, therapist, supervisor, lecturer, author.

The experience of what I have lived and understood as a traumapatient is a completely integral part of my work as professional.

The basis of my therapeutic actions lies upon two theories above anything. The structural dissociation of the personality and the polyvagal theory. The first one gives a very useful overview of how to detect and understand emotional trauma, in its greatly variable forms. The second theory gives a useful biological, bodily aspect, understanding of autonomic nervous system (safety and attachment). This might be even more important to understand than the brain!?

I will try to keep things as simple as possible, ie. stressing heavily on how to put theories into practice.

In this presentation I will also use myself as an example of how Rosen method can be useful in the path of healing deep (early) emotional trauma.