

Trauma Specialists Highlight Growing Need for Somatic Therapy

Trauma specialists emphasize the rising demand for somatic therapy as more individuals seek body-based, trauma-informed care for lasting emotional healing.

BROOKLYN, NY, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- Mental health professionals point to rising demand for body-based approaches to trauma recovery, including Somatic Therapy, EMDR, and Internal Family Systems (IFS) therapy, as awareness of trauma's physical impact continues to grow

As public understanding of trauma deepens, mental health professionals are reporting increased interest in somatic therapy: an approach that addresses trauma's effects on the body as well as the mind. Somatic trauma therapists say the shift reflects a broader recognition that talk therapy alone does not always resolve the physical symptoms associated with traumatic experiences, prompting more individuals to seek out a [somatic trauma therapist](#) as part of their healing process.

A Shift in How Trauma Is Understood and Treated

For decades, trauma treatment has centered primarily on cognitive and verbal processing

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More people are turning to body-based, trauma-informed care to support lasting healing and recovery.



Builds mind-body connection



Helps release stored trauma



Promotes emotional balance and resilience



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Emotional healing after trauma



Emotional healing after trauma

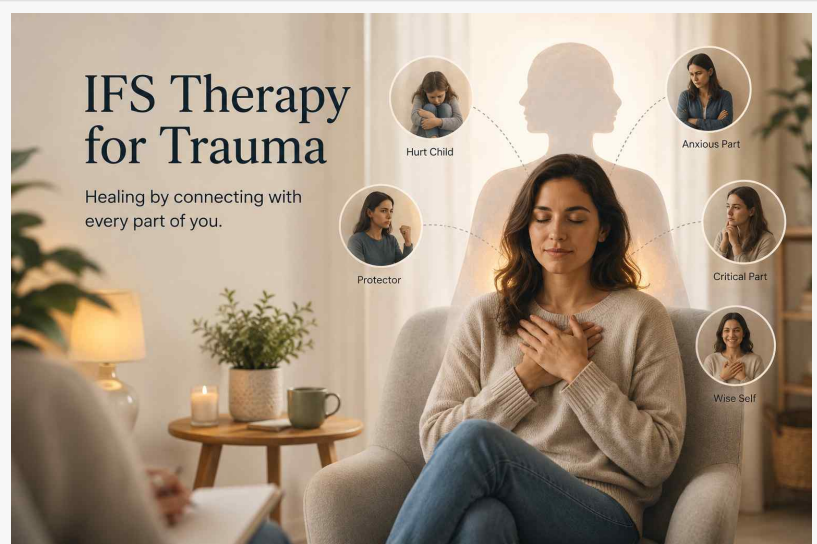
methods. In recent years, however, research in neuroscience and psychology has drawn greater attention to the ways trauma is stored in the nervous system, muscles, and physical sensations, not only in memory. This growing body of research has contributed to wider acceptance of somatic therapy for trauma as a complementary or primary treatment approach, rather than an alternative practice on the margins of clinical care.

Somatic approaches work from the premise that traumatic stress can leave lasting imprints on the body, sometimes manifesting as chronic tension, fatigue, digestive issues, or heightened startle responses, even after the triggering event is no longer present. By incorporating body awareness, movement, and nervous system regulation techniques alongside traditional talk therapy, practitioners aim to help clients process trauma more comprehensively.

Rising Demand for Specialized Trauma Services

Industry observations suggest that individuals are increasingly looking for providers who offer a range of evidence-informed modalities rather than a single treatment method. Among the approaches gaining prominence are:

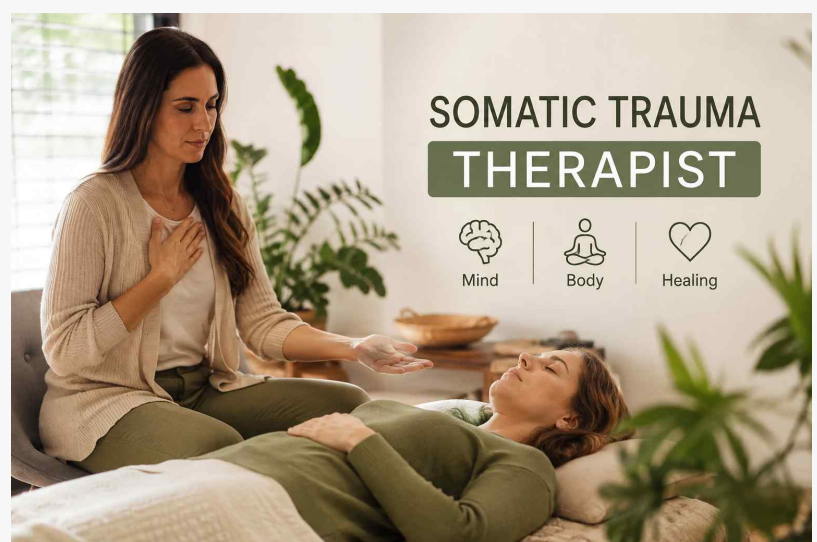
Somatic Therapy: Somatic therapy is a body-focused approach that helps individuals recognize and release physical patterns linked to stress and trauma. Instead of



Internal Family Systems (IFS) therapy



Modern approaches to trauma treatment



somatic trauma therapist

working only through conversation, it encourages greater awareness of sensations, breathing, posture, and movement. By helping the nervous system return to a calmer state, somatic therapy supports emotional healing and improves a person's ability to manage daily challenges. This approach is frequently included as part of a broader trauma treatment plan alongside other evidence-informed therapies.

EMDR Trauma Therapy: Eye Movement Desensitization and Reprocessing (EMDR) is a structured therapeutic approach that uses bilateral stimulation, such as guided eye movements, to help individuals process distressing memories. EMDR trauma therapy has been studied extensively over the past several decades and is recognized by a number of professional health organizations as an effective treatment for post-traumatic stress.

[IFS Therapy for Trauma](#): Internal Family Systems (IFS) is a therapeutic model that views the mind as composed of distinct internal "parts," some of which may hold protective or wounded roles shaped by past experiences. IFS therapy for trauma focuses on building a compassionate relationship between a person's core self and these internal parts, with the goal of reducing internal conflict and fostering emotional integration.

Holistic Trauma Therapy: Rather than relying on a single technique, many providers now favor a holistic trauma therapy model that draws from multiple disciplines, including somatic experiencing, mindfulness-based practices, and traditional psychotherapy. This integrative approach is designed to address trauma's cognitive, emotional, and physiological dimensions concurrently.

Trauma specialists note that no single method works for every individual, and treatment plans are typically tailored based on a person's history, symptoms, and personal preferences.

"We continue to see more people seeking care that recognizes the connection between the body and emotional health," said Sybil Ottenstein, LMHC-D, CHT, Founder and Clinical Director, [Somatic Psychotherapy Center](#). "Healing is rarely a one-size-fits-all process. A personalized approach that includes somatic therapy alongside other evidence-informed treatments gives clients the opportunity to work through trauma in a way that feels safe, gradual, and meaningful."

Addressing Long-Term Recovery, Not Just Symptom Relief

A recurring theme among trauma clinicians is the distinction between short-term symptom management and long-term trauma recovery. While some interventions can provide temporary relief from acute distress, specialists emphasize that lasting change often requires sustained clinical work that addresses underlying patterns in the nervous system and belief systems formed during or after traumatic events.

This distinction has practical implications for how care is structured. Rather than treating trauma

as a single issue to be resolved in a fixed number of sessions, many practitioners now describe recovery as a gradual process that may involve phases of stabilization, processing, and integration. This model is intended to support durable emotional healing after trauma, rather than a temporary reduction in symptoms that may resurface under stress.

Modern Approaches to Trauma Treatment

The broader field of trauma treatment continues to evolve as new research informs clinical practice. Modern approaches to trauma treatment increasingly emphasize the connection between physical and psychological health, incorporating techniques such as breathwork, grounding exercises, and titrated exposure to traumatic material, meaning distressing content is introduced gradually and in manageable increments to avoid overwhelming the nervous system.

Clinicians involved in this shift note that these developments are not intended to replace established therapeutic frameworks but rather to expand the toolkit available to trauma survivors and their treatment providers. The result, according to specialists in the field, is a more individualized standard of care that can be adapted to a wider range of trauma presentations, including single-incident trauma, complex or developmental trauma, and trauma resulting from ongoing or repeated stressors.

Services Reflecting a Broader Continuum of Care

Providers offering trauma-focused care, including Somatic Psychotherapy Center, have noted that client intake and assessment processes are being adapted to reflect this more comprehensive understanding of trauma. Rather than beginning treatment with a single fixed protocol, many clinics now conduct thorough initial assessments to determine which combination of somatic, cognitive, and body-based interventions may be most appropriate for a given individual.

This shift toward individualized, multi-modal care is described by practitioners as part of a broader movement within the mental health field to move beyond one-size-fits-all treatment models. As awareness of trauma's physiological components continues to spread through professional training programs, continuing education, and public health messaging, demand for specialized providers is expected to continue growing in the coming years.

About Somatic Psychotherapy Center

Somatic Psychotherapy Center provides trauma-focused mental health services across Brooklyn and Manhattan. Founded by Sybil Ottenstein, LMHC-D, CHT, the practice was created for people who have gained insight through traditional talk therapy but still feel stuck. Rather than focusing on thoughts alone, the team combines somatic therapy with evidence-based approaches such as Somatic Experiencing, Hakomi Mindful Somatic Psychotherapy, Sensorimotor Psychotherapy,

EMDR, and Internal Family Systems (IFS) to support nervous system regulation, trauma recovery, anxiety treatment, and deeper emotional integration.

Every session is grounded in safety, compassion, and genuine human connection, helping clients move beyond awareness toward meaningful, embodied change. In addition to in-person therapy in Brooklyn and Manhattan, virtual sessions are available throughout New York.

Media Contact

Name: Somatic Psychotherapy Center

Address: 36 Waverly Ave, Brooklyn, NY, United States, New York

Phone: (929)577-6670

Email: hello@somaticpsychotherapycenter.com

Website: <https://somaticpsychotherapycenter.com/>

Sybil Ottenstein

Somatic Psychotherapy Center

☎(929) 577-6670

hello@somaticpsychotherapy.com

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