



An Dagda Therapy - Myles McKenna

GTC Dip. Shamanic Breathwork / Level II Trauma-Informed Somatic Breathwork

Designed to support therapist referral decisions based on presenting features, current regulation and readiness.

Presenting Features	When to Consider	Intended Focus	Meditation	If Not Suitable → Consider
Acute overwhelm, panic, hyperarousal or emotional flooding. Client appears highly activated, distressed, disorganised or unable to settle into present-moment awareness.	When the client needs stabilisation before engaging in deeper emotional, somatic or exploratory work.	Grounding, orientation, containment and present-moment stability.	Grounding & Stabilisation	Ongoing medical or psychological instability → appropriate clinical assessment/support.
Shutdown, numbness, apathy or reduced bodily awareness. Client describes feeling “stuck”, emotionally flat, disconnected or as though they are living “from the neck up”.	When the client is sufficiently present and able to engage gently with bodily awareness without becoming significantly overwhelmed.	Gradual reconnection with movement, sensation, embodiment and aliveness.	Freeze Release & Re-Embodiment	Acute anxiety/flooding or significant dissociation → Grounding & Stabilisation.
Harsh self-criticism, perfectionism, shame, loneliness or emotional depletion. Client struggles to offer themselves kindness or feels chronically “not good enough”.	When the client is sufficiently grounded to approach themselves with compassion without significant emotional flooding.	Self-compassion, emotional safety and softening of self-judgement.	Self-Compassion & Heart Soothing	Acute flooding → Grounding & Stabilisation ; pronounced anger/fight activation → Healthy Anger & Boundary Activation.
Difficulty saying no, chronic people-pleasing or over-functioning. Client feels responsible for others, suppresses their needs, avoids conflict or is exhausted from “keeping the peace”.	When the client can safely explore agency, needs and boundaries without significant activation or destabilisation.	Agency, boundary awareness, self-expression and permission to take up space.	Empowerment & Boundaries	Acute panic/flooding → Grounding & Stabilisation ; pronounced grief or emotional vulnerability → Self-Compassion & Heart Soothing.
Suppressed anger, resentment or conflict avoidance. Client reports feeling trapped, unable to say no, or chronically tense in the jaw, shoulders, arms or hands.	When the client has sufficient capacity to experience and express protective energy without escalating into dysregulation or aggression.	Safe contact with protective energy, boundaries, agency and assertive self-expression.	Healthy Anger & Boundary Activation	Acute panic/flooding → Grounding & Stabilisation ; significant grief/heartache → Grief Release & Heart Softening.



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Unprocessed grief, heartbreak or significant loss. Client cannot cry, describes being “the strong one”, or reports chest/throat tightness, emotional numbness or difficulty accessing sorrow.	When the client can remain sufficiently grounded while approaching grief and loss without becoming overwhelmed.	Safe contact with grief, emotional expression, softening of protective bracing and compassionate mourning.	Grief Release & Heart Softening	Acute flooding/instability → Grounding & Stabilisation ; strong self-criticism/loneliness → Self-Compassion & Heart Soothing .
Harsh inner critic, shame, self-sabotaging patterns or internal conflict. Client describes feeling “broken”, divided, masked or disconnected from vulnerable parts of themselves.	When the client has stable present-moment orientation and sufficient adult observing capacity to explore internal material without becoming significantly overwhelmed.	Self-compassion, reduced shame, internal dialogue and greater sense of coherence.	Inner Parts & Self-Compassion	Significant dissociation/instability → Grounding & Stabilisation ; pronounced freeze/numbness → Freeze Release & Re-Embodiment .
Persistent pain with fear, frustration or heightened attention to bodily sensations. Client may catastrophise symptoms, feel betrayed by their body or alternate between body avoidance and hypervigilant monitoring.	When appropriate medical assessment has occurred and the client can observe sensations with curiosity without significant escalation of fear or distress.	Neutral observation of sensation, reduced fear-based reactivity and increased somatic safety.	Somatic Pain Tracking & Safety	New, acute or unexplained symptoms → appropriate medical assessment ; tracking increases distress → Grounding & Stabilisation .
Medical alienation, chronic illness, cancer treatment and recovery, post-surgical recovery, bodily depersonalisation or altered body identity. Client feels reduced to a diagnosis, disconnected from their body or powerless within medical experiences.	When the client is medically stable and can engage with body awareness without significant health anxiety, physical distress or overwhelm.	Bodily ownership, dignity, autonomy and compassionate reconnection with the body.	Body Autonomy & Medical Recovery	Acute medical instability → medical care first ; internal body focus increases anxiety/distress → Grounding & Stabilisation .
Mental fatigue, cognitive overwhelm, existential distress or spiritual disconnection. Client feels mentally overloaded, disconnected from meaning or purpose, or unable to gain perspective despite being physically regulated.	When the client is grounded, reality-oriented and emotionally stable enough for spacious, reflective or spiritually oriented imagery.	Spaciousness, perspective, meaning, reflection and deeper re-centring.	Clarity & Spiritual Recentring	Dissociation/derealisation → Grounding & Stabilisation or Freeze Release & Re-Embodiment ; acute anxiety → Grounding & Stabilisation .