



THE HINDA INSTITUTE
presents

NAVIGATING TO HEALTH: DIFFUSING AND MANAGING TRAUMA

Session 3 - Wednesday, April 29, 2026

Presented by:

Dr. Stephanie Kutzen, LCSW & Mr. William Bouton

Upcoming Course Dates: May 6th & 20th



SKILL BUILDING

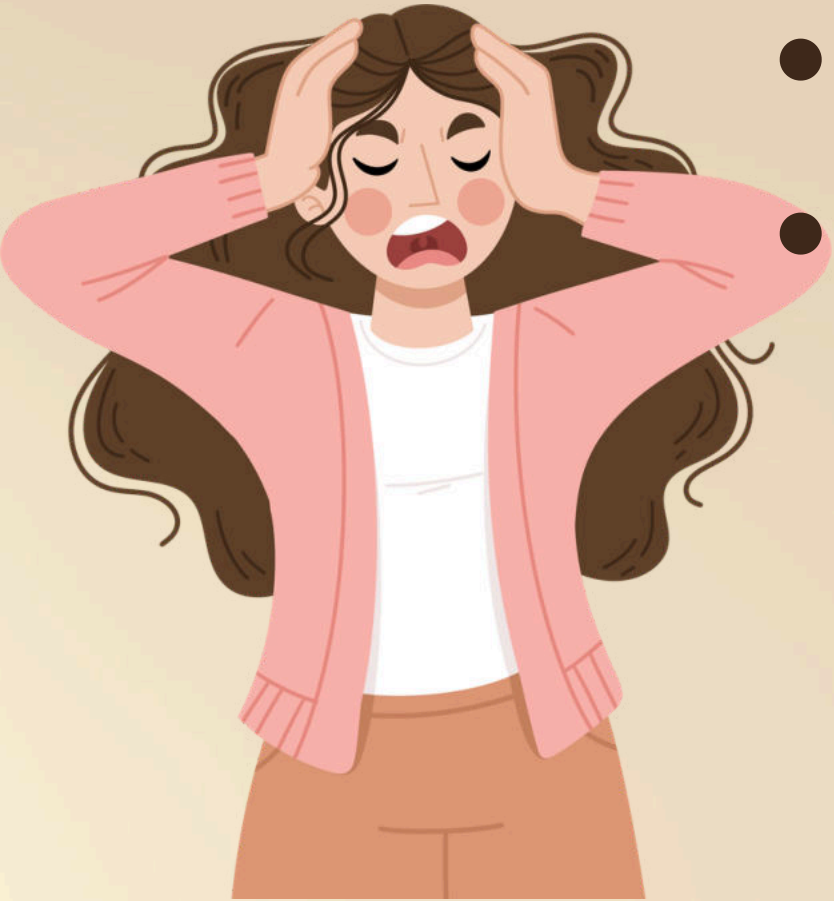
Definition of Trauma Diffusion Offers Benefits

- **Reduction of emotional intensity without force, disclosure, or re-traumatizing**
- **Regulation before attempts to problem solve**
- **Choice reduces threat**
- **Connection calms down nervous system**



Moving from Overwhelming to Regulation

- Diffusion encourages return to safety
- Lower intensity so brain can think to work well
- Name what is happening: I'm feeling overwhelmed right now → reduce intensity quickly



Building Motivation is Key Element

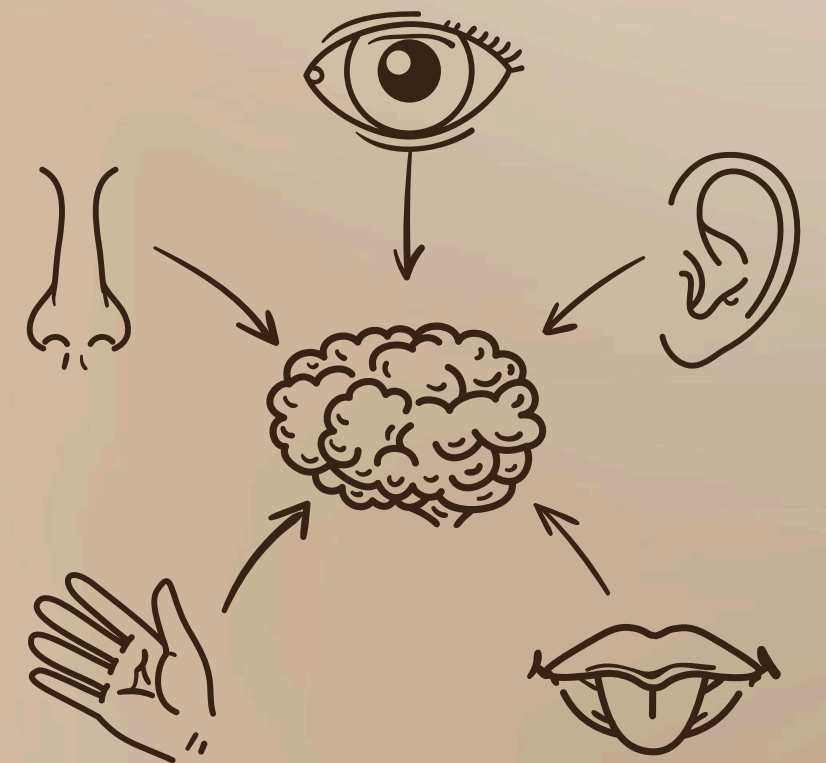
- **Why is learning trauma diffusion important to you – personally/professionally**
- **Identify your window of tolerance**
- **Motivation shapes how we think, feel, and react**



Incorporating Sensory Exercises Supports Diffusion

Work with your Five Senses to Anchor

- (1) Sight: Look around and identify five observable items**
- (2) Touch: Pick four things you can feel**
- (3) Hear: Listen for three distinct sounds**
- (4) Smell: Identify two things with fragrance**
- (5) Taste: Note one thing you can easily taste**



Breath Regulation

Practical Grounding Technique

- (1) Slowly deep inhale, exhale with “whoosh”**
- (2) Box breathing – breathe, hold 4 seconds, exhale 4 seconds (repeat)**
- (3) Alternate nostril – close right nostril, inhale through the left; repeat holding left, inhale through right nostril**



**“Increase motivation to
practice technique regularly
when you need CALM”**



Evidence Based Medical / Psychological

***Trauma Informed -
Cognitive
Behavioral Therapy***

Prolonged Exposure

***Eye Movement
Desensitizing
Reprocessing
(EMDR)***

Somatic Therapy



Answer the Following Four Questions to Select PREFERRED DIFFUSION TECHNIQUES

- **Why should I be calm now?**
- **What helps me to feel even a little safer?**
- **Why do I need to use my skills to diffuse?**
- **What is getting in the way?**



Group Breakout Rooms – Practice Role Play

Scenario:

A friend with trauma history becomes overwhelmed and shuts down. He/She asks you for help and support. Using trauma diffusion skills, you suggest...

Roles:

Distressed Friend

Supporter

Observer



Feedback From Role-Play



Take Aways to Reinforce Diffusion Skills

**Use the 5 minute rule;
stop to lower
resistance**

**Set visible goal:
“I will practice
trauma diffusion
skills once a day”**

**Reward yourself for
reaching small goals
reinforces the
motivation loop**

**Note visible progress
on a checklist**



“Goal is consistency, not perfection”

Practice self compassion



Participants Closing Questions/Comments

Next Session: Wednesday, May 6th at 7:00 pm

