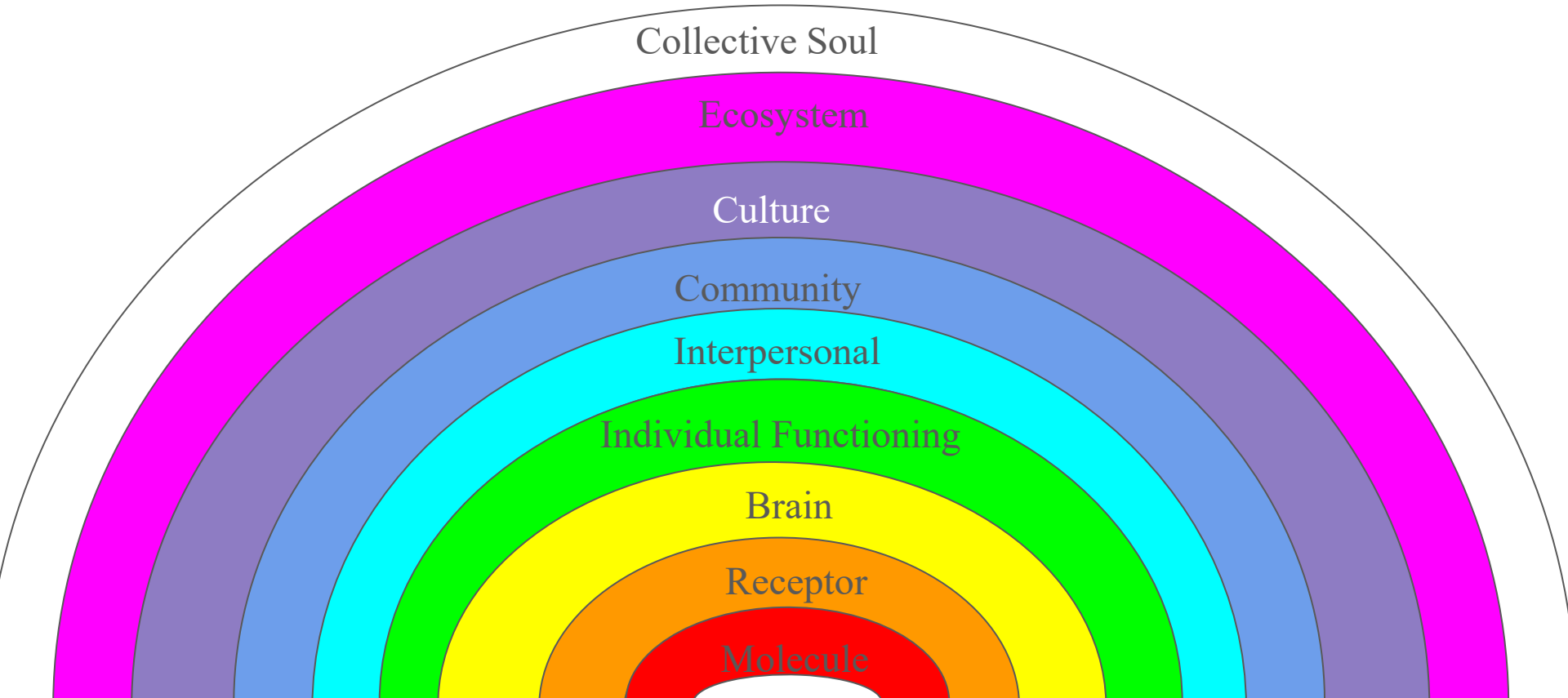


Aromatics for PTSD & Grief

Florian Birkmayer MD

Essential Oils: The Molecules of Connectedness



Trauma/PTSD: Key Concepts

Cut-Off-Ness: Trauma from ancient Greek for 'cut' or 'wound'

Cognitive Dissonance

The Trauma Iceberg

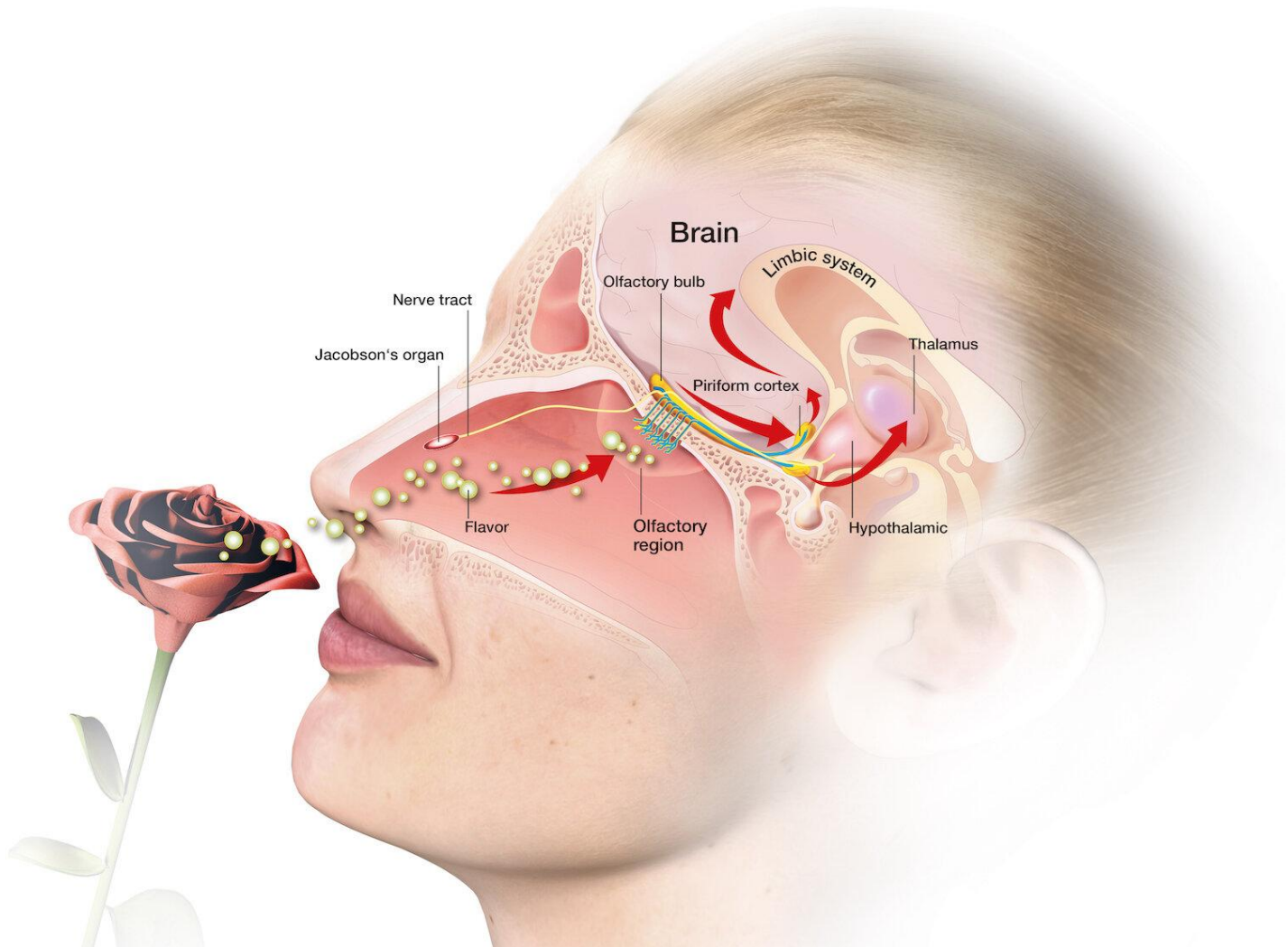


**Shell Shock
PTSD**

**Complex PTSD
(Borderline PD)
“Trauma Spectrum”**

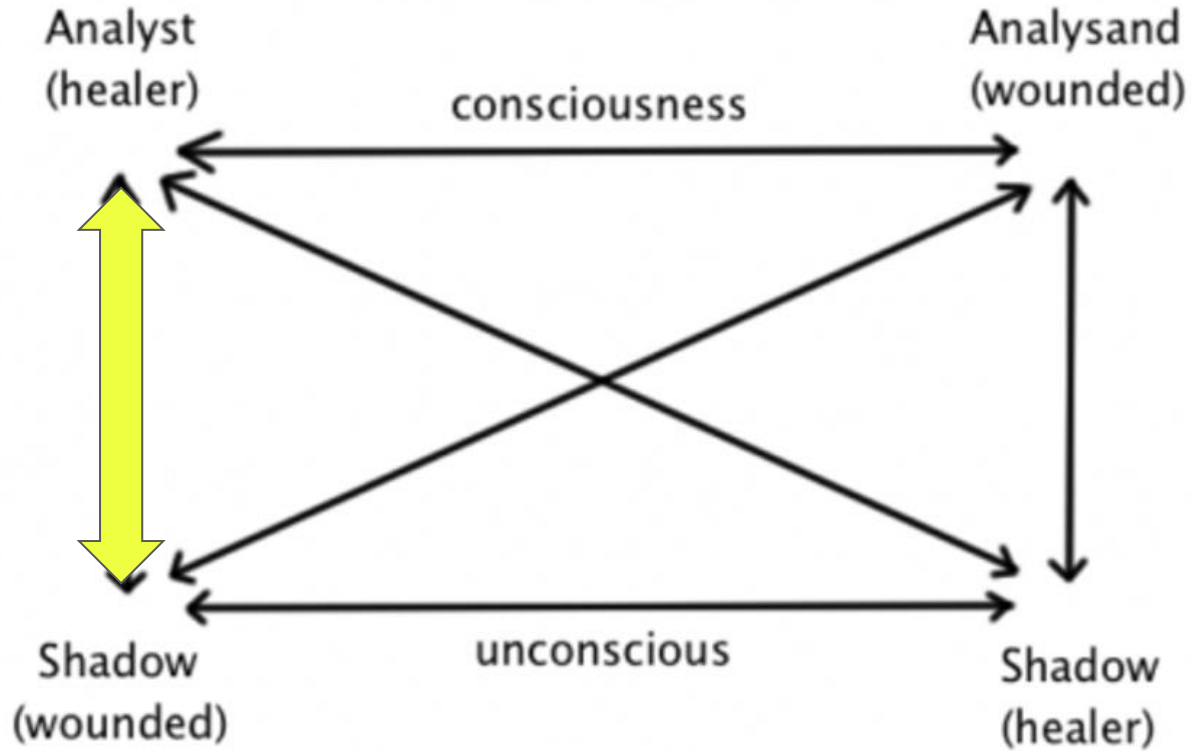
ACEs (Adverse Childhood Experiences)

Trauma-precipitated SMI

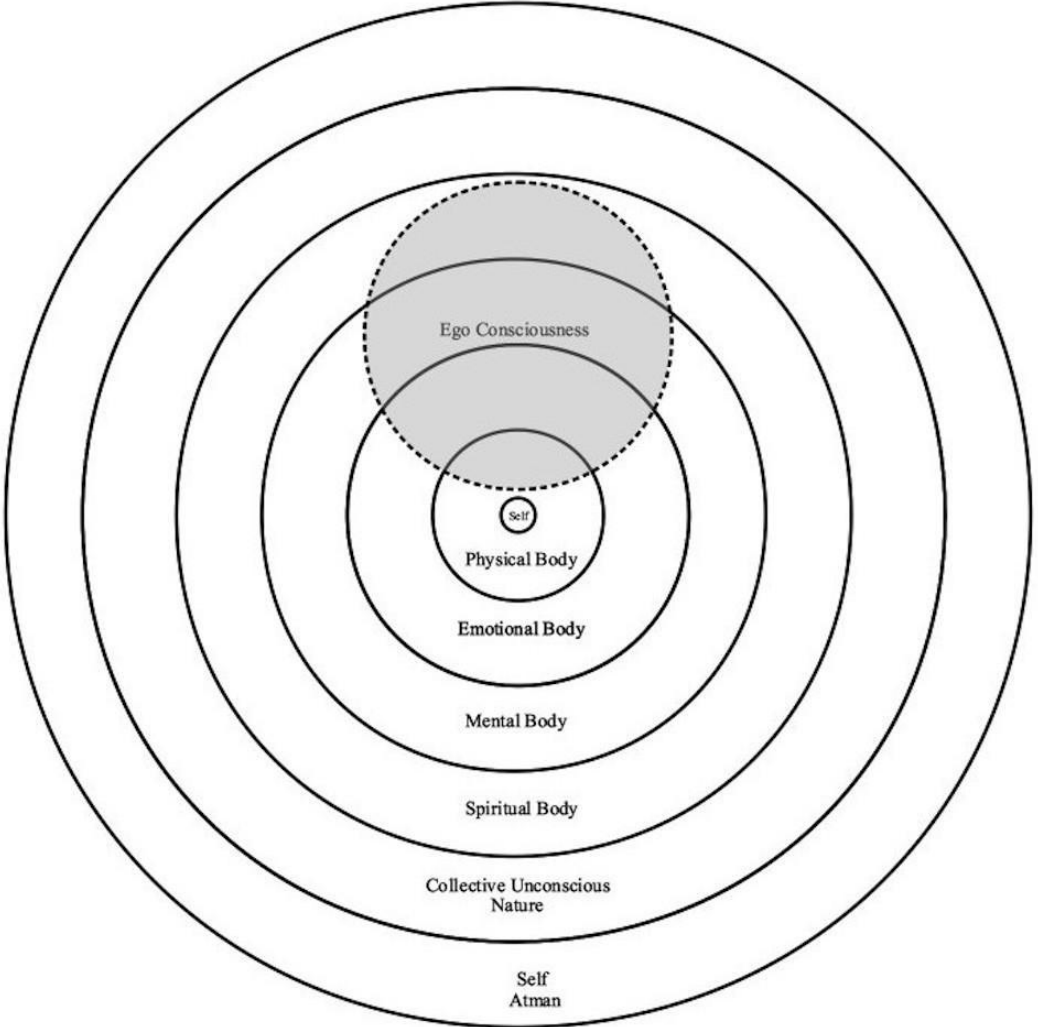


The Wounded Healer

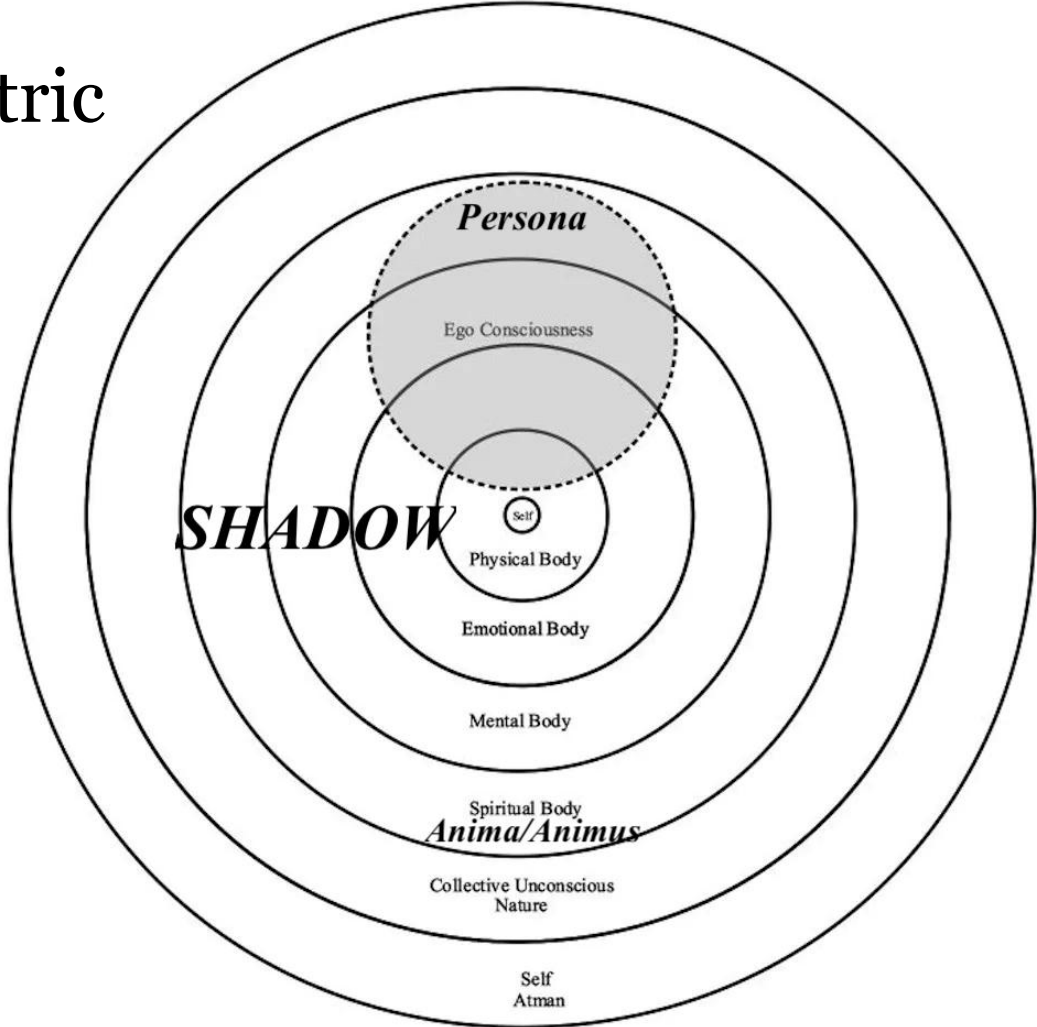
The Importance of being a “Wounded Healer”



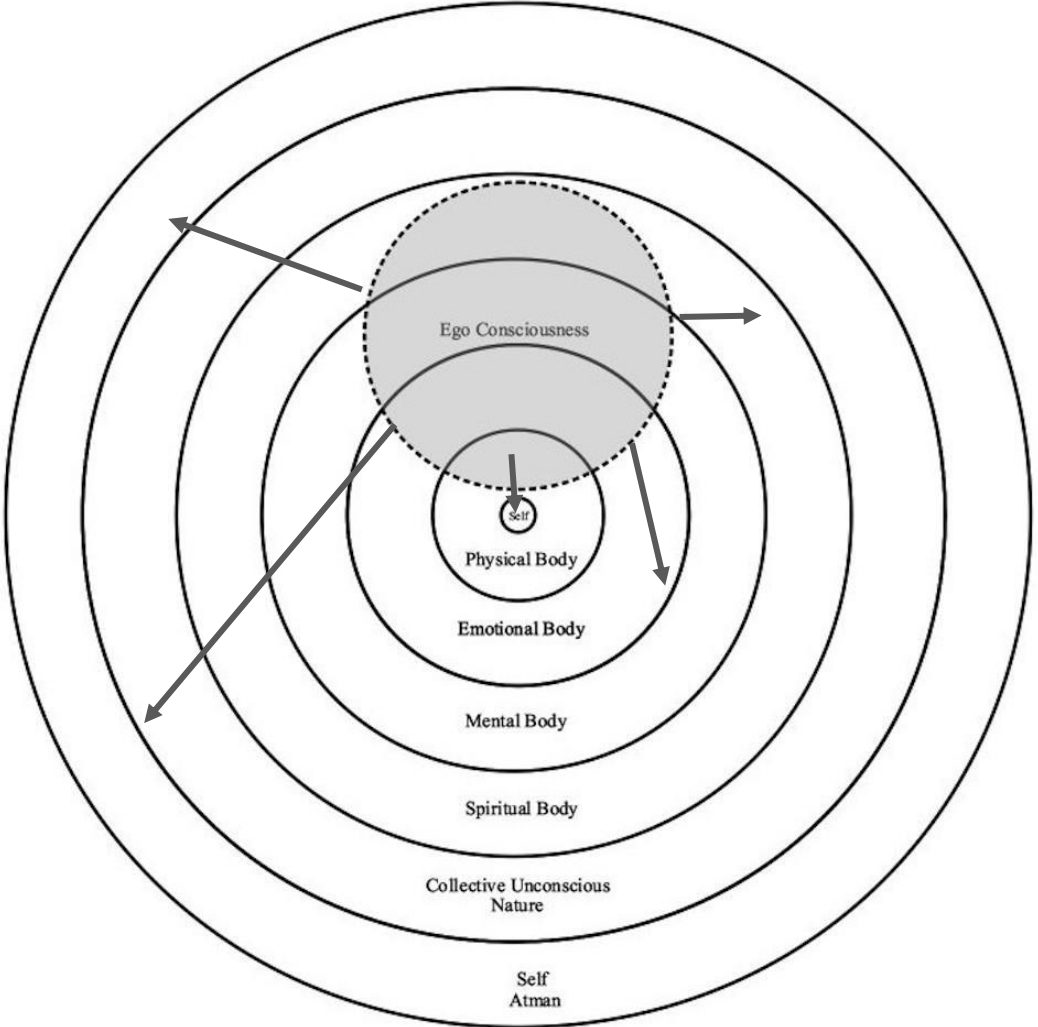
The Concentric Circles



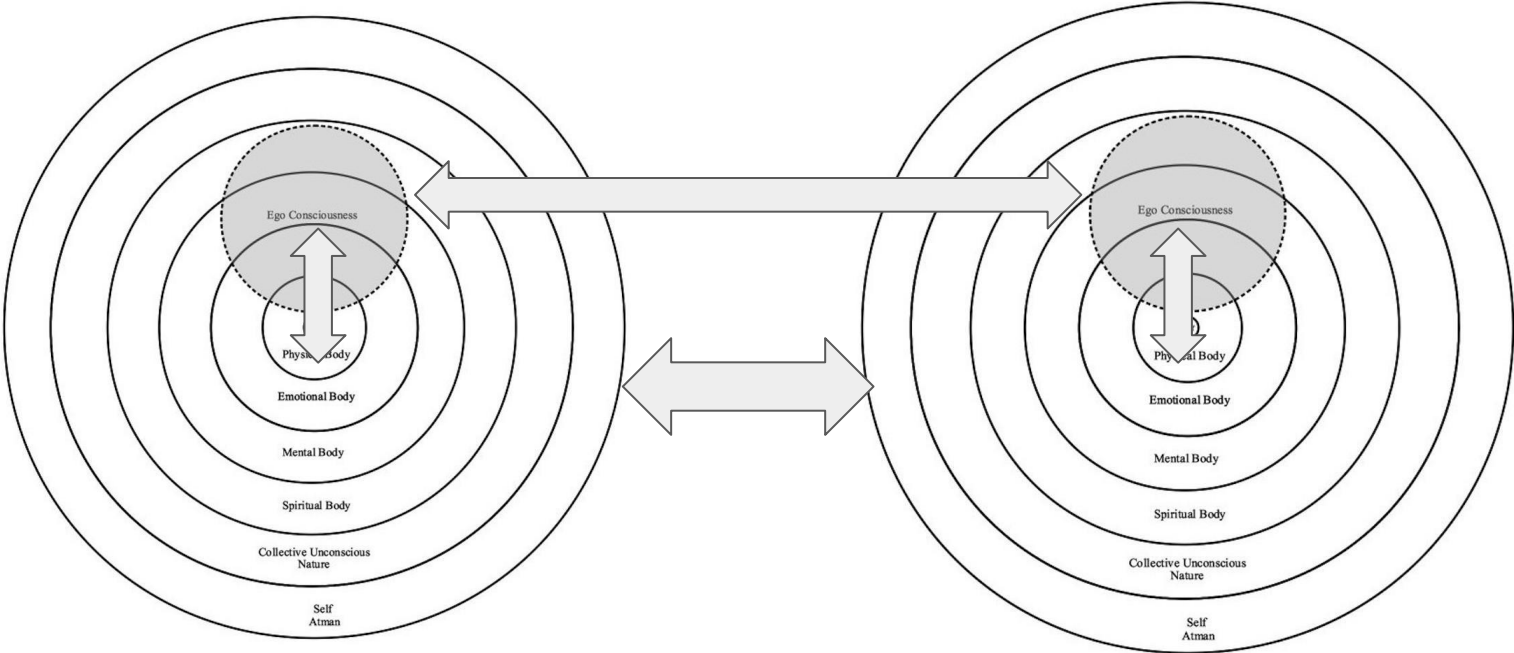
The Concentric Circles



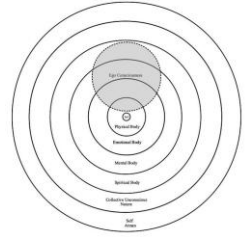
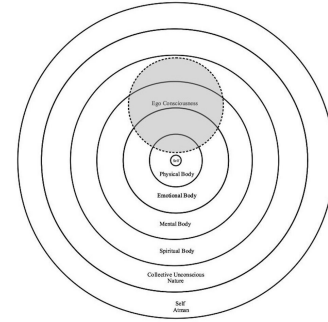
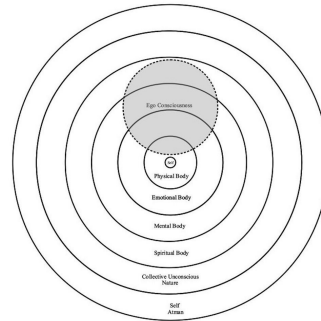
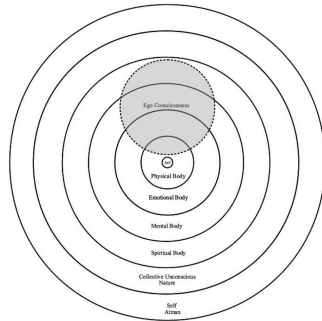
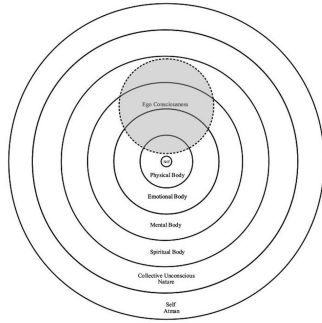
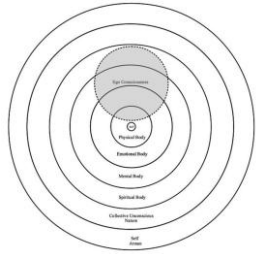
The Wounded Healer's Journey



Healer and Client



Healer and Client and Ancestors



Grief



Specific Essential Oils and Cases

Rose Attar

- *Rosa damascena* in *Santalum album* EO
- Anxiety-relieving, heart opening, spiritual
- Reconnect



Ruh Khus (Vetiver)



- Grounding: opposite of dissociation!
- Pleasure of being in body
- Helpful for sexual abuse

Galbanum

- Ancient sacred aroma (ketoret)
 - Exodus 30:34-38 *"And HaShem said to Moshe: 'Take for yourself sweet spices, stacte, and onycha, and **galbanum**; sweet spices with pure frankincense; of each shall there be a like weight. [...] put of it before the testimony in the tent of meeting, where I will meet with you; it shall be unto you most holy. '"*
- Committing to goal
 - Shadow work
 - Helpful in addiction



Helichrysum



- Helps soul release emotional bruises and blockages.
- Allows us to cry the tears we never allowed.
- Inner peace, self-compassion
- Heals ancestral wounds

Broom Snakeweed (*Gutierrezia sarothrae*)



- Commemoration
- Resilience
- Strength

Big Sagebrush (*Artemisia tridentata*)



- Higher Perspective
- Purification
- Letting go of attachments
- Disembodying



Pinon Pine (*Pinus edulis*)

- Joy in embodiment
- Purification
- Survival
- Protection