



Ariane Mahmud-Ghazi is a mother, a writer, an experiential educator and a somatic psychotherapist with dual licenses as an independent clinical social worker and as a massage therapist. She celebrates the transformative power of narrative and of the stories of Self we script at the cross-

roads where our biography meets our biology. As a practitioner of Somatic Experiencing®, EMDR® and other body-based practices for trauma recovery, she focuses on the impact of “threat” on the body’s physiology to help release the traumatic shock held in the nervous system following an overwhelming event. She raises awareness of trauma as the root cause of violence, spanning the continuum from domestic violence to international warfare, and highlights the personal and collective level cycles of escalation, re-enactment or numbing that can occur when trauma is left unresolved. Issues she addresses in her private practice include childhood trauma, parent/infant mental health, attachment & bonding, parenting across the lifespan, life transitions, grief & loss, illness, health syndromes, accidents & falls, war trauma, surgery, exposure to violence, exile & asylum, anxiety, panic, and depression. She also facilitates Family Constellations to uncover, honor and heal the unseen hidden wounds that may still be reverberating down the generations through the family tree. As a practitioner of The Feldenkrais Method®, she uses touch for Functional Integration® with individuals and offers Awareness Through Movement® classes for groups to help restore ease and fluidity in the body, translating into greater emotional range and freedom. As a Kundalini Yoga teacher, she offers beginners’ and specialized classes for addiction recovery, enhanced immune response, and emotional balance & stability. In addition, her memoir writing workshops are playful explorations of our innate resources, moving us forward from the frozen scripts that bind us to silence, towards lives of full creative expression.

Listen to the roots of your emotions
Expand your capacity for enjoyment
Release your creative gifts & talents
Embody your multidimensional Self
Unravel the stories that bind you
Honor the wisdom of your body
Restore your health and vitality
Enjoy your sense of belonging
Live out your inner truth
Retrieve your spontaneity
Reconnect with others
Enter the flow



Ariane Mahmud-Ghazi

+1(505) 570-1607

1807 2nd St., Suite 59 - Santa Fe, NM
www.theecologyofbeinghuman.com
505humanbeings@gmail.com

The Ecology of Being Human



“You are not a drop in the ocean...
You are the entire ocean in a drop” Rumi

Ariane Mahmud-Ghazi

LISW, LMT #4742, SEP

Somatic Psychotherapy

for self-regulation, conflict resolution
and post-traumatic stress recovery with
individuals, couples & families

Workshop Facilitation

for health, wholeness, wellbeing
and creativity



The Body as Garden of the Soul



The relational self

The bonds of affection that develop between an infant and a caregiver form the emotional root of our sense of self and how we relate to others as we grow. The felt sense of being loved is wired in the internal circuitry of our body and becomes the springboard from which we engage, in delight & curiosity, with the world around us.

The molecules of emotion

Emotions are chemically woven into the fabric of our body. As infants & children, when our physical and emotional needs are ignored, our survival instincts mobilize to respond to the threat we perceive of abandonment or annihilation. Feelings of fear, rage, helplessness and loss, translated through biochemical messenger molecules in our body, can remain stuck in our cells, joints, blood, muscles, glands, digestive tract, and in our nervous and immune systems, until they are released. In such instances of preverbal childhood trauma, touch can be most effective in communicating to the body memory that the danger has past and that it is now safe.

The family constellation

Giving birth and facing mortality are rights of passage, which most challenge us into coming to terms with our existence and with the ghosts of our childhood past. Most of us were born of the woman that is our mother and of the man that is our father. Regardless of the circumstances of our birth or the challenging conditions of our upbringing, our parents are the conduits through which Life itself passed through to us, and in turn through to the children we may bear. Our capacity to come to terms with our family legacy can release the unacknowledged and disowned secrets that continue to tie families in knots, which are often unconsciously handed down through the generations. Our capacity to come to terms with our parents is directly related to our ability to embrace Life itself, to open to our own joy, accept the gifts of our lineage and engender the well being of the children who will grow to replace us. As adults now, we have an opportunity to heal those wounds and to reclaim our creative selves and our kinship to others.

Body Wisdom

Like the rings of a tree marking its growth, the body remembers the core of its own healing. Traditional approaches to psychotherapy emphasize talking *about* our experiences which, while helpful in gaining insight into our situation, often results in “getting ahead” of ourselves and leaving the body behind. In somatic psychotherapy, the body’s innate intelligence guides us, through the symptoms it sends, to uncover our inner truth and the buried stories that no longer define who we are.

What happens in our work?

Life threatening events such as auto accidents, sexual or emotional violence, the loss of a loved one, chronic illness, natural disasters, surgical interventions, or combat situations evoke biological defensive responses in the body designed to fight or flee the impending danger. When one successfully fights off the threat or manages to escape it, the nervous system can then discharge the huge sympathetic charge mobilized to respond to it. When there is neither the time nor the possibility of defending, we can remain frozen in shock, with our sense of selfhood and safety profoundly disturbed. The body remains on alert, activated well beyond the disappearance of the threat, leaving our nervous and glandular systems in a perpetual state of arousal and hypervigilance until the charge is released. Psychological, behavioral, cognitive, medical or emotional symptoms resulting from chronic stress may occur, such as depression, anxiety, difficulty concentrating, forgetfulness, irritability, confusion, social isolation, sleep disturbances, flashbacks, muscle tightness, dizziness, panic, and health syndromes. These symptoms can lead to an increasingly smaller worldview as we try to control our surroundings and to limit interactions to avoid anything that may rekindle the unresolved trauma. Rather than re-living a traumatic event, Somatic Experiencing® helps integrate body, mind and spirit by focusing on the awareness of minute physical sensations in the body, related images, and corresponding emotions. A combination of talk, touch, and movement can help the nervous system unwind the survival energy bound up in the freeze, allowing us to be more fully present to our life.