

the pattern A high-pressure executive masking chronic burnout and resurfaced trauma while navigating restorative parenting, resulting in deep physical armoring and a "fawn" response that talk therapy could not release alone.

their words "My therapist suggested somatics for years to help what was stuck in my body. When I finally listened, the pain and pressure released and I stopped fawning and freezing in the face of fear and the personalities that used to trigger me."

– Client (Anonymous by Request)



client story

How WildRise helped a client work through the body to do what the mind couldn't alone.

about the client

An executive and mother managing complex family dynamics while navigating the long-term effects of C-PTSD, depression, and anxiety. Though she had made significant intellectual progress through years of talk therapy, her healing had reached a plateau. She continued to experience persistent physical pain, a restrictive "burning" pressure in her chest and throat, and a chronic sense of being "stuck" in a functional shutdown that severely inhibited her quality of life and her ability to feel present with her family.

the journey

After years of using talk therapy to navigate her history, the client reached a plateau where she could "know" her story intellectually but still felt physically trapped by it. She carried a persistent, restrictive pressure in her chest and throat—a somatic "alarm" that remained active even when she felt mentally calm.

Following the guidance of her counselor, she pivoted to somatic bodywork and coaching to



address the trauma the body was still storing from her childhood and the intense burnout of the pandemic years. She moved from a default of "fawning" or shutting down when faced with dominant personalities to a state of soft understanding and physiological regulation. This shift allowed her to stop "masking" her internal crisis and begin inhabiting a body that finally felt safe, resilient, and entirely her own.

the shift

Ten sessions of trauma-informed somatic coaching, practices and bodywork, training the nervous system to shift from reactive survival into a state of grounded, resilient choice.

the unfolding

Working through the body with somatic awareness, practices and bodywork was the missing piece in her care that made the difference.

the integration

More Choice

Conscious action versus a default "fawn" or "shutdown"

Better Sleep

Eight hours of average nightly sleep versus 3–4 hours prior

Zero Pain

Full release of chronic "armoring" in chest and throat

True Calm

Grounded presence versus fight or flight under same pressures

the resonance

WildRise provided the missing somatic piece to the client's clinical care, enabling effortless authenticity and choice even under the pressures that once triggered shutdown.