

# High Stress Childhood + Ongoing Stress Career?

This is studied & treated through the lens of 'trauma' because of the markers left on your body by ongoing exposure to stress; kind of like lesions left by a stroke. And all repairable.

## QUICK OVERVIEW

### TRAUMA EXPERIENCES INCLUDE THINGS LIKE...

High Stress Childhoods, Ongoing Stress Careers, Parenting with CPTSD, Intergenerational Trauma, Historical Trauma, Medical Trauma, Secondary Traumatic Stress, Domestic Violence, Neglect.

### PHYSICAL SYMPTOMS OF TRAUMA

Gastro Issues like GERD, IBS, Hypertension, AutoImmune, Chronic Fatigue, Mood Disorders, Sleep Disorders, Eating Disorders, Adrenal Fatigue, Inflammation, Migraines, Substance Abuse.

### PSYCHOLOGICAL SYMPTOMS OF TRAUMA

Urgency, Overwhelm, Overreaction to seemingly normal situations, states of persistent stuckness, constantly moving to greener pastures, numbing, flashbacks, panic attacks,

### TRAUMA RESPONSE BEHAVIOURS

1. Addictions and Addictive behaviour
2. High-Risk Behaviour
3. Officially unemployable
4. Self-Isolation dressed up as solitude,
5. Insecurity dressed up as ambition, Imposter Syndrome
6. Money Issues
7. You are a Toxic Leader (or you work for one)
8. No Boundaries, Don't respect boundaries of others
9. Rigid and locked in thinking
10. Struggle to have empathy for people different from you
11. Wanting to Save - or be Saved
12. Lack of Focus - Difficulty being present
13. "This always happens to me" programmed thinking that contributes to 'it' happening.

### TRAUMA RELATED DIAGNOSES

Mental Health Disorders; CPTSD, PTSD, ADHD, Anxiety, Depression, Dissociation, Attachment Disorders

### THERAPEUTIC APPROACHES:

1. Education, Knowledge Gathering
2. Nervous System Restoration
3. Community and Support from others
4. Therapy such as:
  - Somatic Experiencing (SE)
  - Sensorimotor Psychotherapy (SP)
  - Narrative Therapy (NT)
  - Play Therapy (PT)
  - Art Therapy (AT)
  - Body-Oriented Therapy (BOT)
  - Neurofeedback
  - Yoga Therapy (YT)
  - Relational Therapy
  - Psychodynamic Therapy
  - Humanistic Therapy
  - Exposure Therapy
  - CBT
  - EMDR
  - MBSR
  - TF-CBT
  - DBT
  - ACT
5. Trauma Informed Growth Coaching
6. Co-creating with and through a community to design a new way of Being



### FINDING THE WAY OUT OF THE PROVERBIAL VOID ...

#### SELF EDUCATE

**1** Expanding your awareness in this area comes first. It will help you move through the Triage & Treatment phase accurately.

#### SELF REGULATE

**2** 6-16 Weeks to Restore your Nervous System - turning off survival mode, and moving into self-regulation. Critical 1st step.

#### THEN CHOOSE YOUR PATH

**3** Once your Nervous System has been restored, things like, Therapy and Body Work etc. will be an entirely different (better) experience.

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## Special Thanks to our Contributing Members:

