

500 Ft. View

C-PTSD Recovery

1

Educate Yourself

Educate Yourself On
What This Process
Looks Like

Triage & Treatment

Recognise & Realise effect
of long forgotten stress
(unconscious trauma)

2

Turn Off Survival Mode

Nervous System Reset from
Dysregulation to Regulation
through Co-Regulation

Ongoing Self Regulation

Nervous System
Regulation Practiced Daily

3

Alternative Therapy

Eg. Acupuncture, Reiki,
Ho'oponopono, Breathwork,
Yoga, Many Coaches
operate here too

Expressive Therapy

Eg. Art Therapy,
Creative Therapy

Wearables

devices that monitor
physiological responses like
heart rate and provide
biofeedback

Psychotherapy

Eg. EMDR, Brainspotting,
CBT, DBT, IFS,
SensoriMotor, Somatic

Psycedelics

Eg. psilocybin or MDMA
with a qualified
practitioner

Group Therapy

1 or more Therapists with
several participants online
or in real life (IRL)

Self-Directed

Books, Online Courses,
Apps, Mindfulness,
Meditation

4

Recreate

Having fun thriving as you
co-create with your
proverbial village

**All Inside and With A Community;
no one can do this for you and you can't do this alone.**

SHANNON EASTMAN

WORTH NOTING:

QUALIFIED TRAUMA-INFORMED PRACTITIONERS

While you can navigate some of this on your own, a qualified trauma-informed practitioner is well worth seeking out. C-PTSD is complex. A good practitioner can be the difference between you fumbling in the dark for years, vs, you finding your way out in weeks.

AN IDEAL PLACE TO START?

Self Education while supporting the body with diet, nutrition, sleep, supplements that support the Central Nervous System to repair from ongoing exposure to interpersonal stress. Then find a qualified practitioner to help you better navigate the path out of the proverbial void.

PSYCHEDELICS

Is best served by engaging a qualified practitioner. There is a lot of non-research out there, a lot of legal matters to consider and geographical deviations on top of that.

NO ONE CAN DO THIS FOR YOU

You are responsible for finding your own way along the path, while using the sign posts available to do your own research. There is no one-size-fits-all. What worked for me, may not be helpful for you.

THE PATH HAS OBSTACLES

Trial and error, self-directed research and a willingness to change are par for the course. As you move through this path, you will no doubt come up against challenges that can't be foreseen in advance. A qualified practitioner can help you navigate such challenge.

Finding your way out, is well worth the effort. There is a quality of life after C-PTSD that feels fun, expansive and various degrees of zen.

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