

500 Ft. View Of C-PTSD Recovery

2

8 Stages of Growth from C-PTSD

Educate Yourself

Triage & Treatment

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

1

The Role of the Body in C-PTSD Recovery

Three Distinct Roles

Supporting The Body

Central Nervous System
support & repair

Coming Into The Body

Translating Sensations
Practicing Self Awareness

Body Work

Recover, Release, Reparent
unconscious trauma

Alternative Therapy

Recover, Release, Reparent
unconscious trauma

Body Work

Recover, Release, Reparent
unconscious trauma

Psychotherapy

Recover, Release, Reparent
unconscious trauma

Psychedelics

Recover, Release, Rewire
unconscious trauma

Expressive Therapy

Recover, Release, Reparent
unconscious trauma

Wearables

Ongoing Support of
Central Nervous System

Coaching

Reframe, Rewire, Recreate
with a new brain-body-mind

1 The Role of the Body in C-PTSD Recovery

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1. Supporting The Body

Priority is caring for the CNS so it can safely turn off the Survival Mode setting it is locked into.

Starts with supporting your Central Nervous System that has been long exposed to ongoing stress, while holding all buried trauma, and now operating inside states of Dysregulation.

Nutrition, Diet, Exercise, Sleep, Environment, Supplements are all part of supporting the body (CNS) to return the body to Safe & Stable operating states, that will allow you to then, successfully navigate growth and healing.

2. Coming Into The Body

Priority is becoming Self-Aware of what the body is telling you through sensation.

Bodily Sensations is a key form of communication between brain-body-mind. This communication can feel unpleasant, and yet, is the way in, if you are to find your way out.

Your awareness comes into the Body to tend to the part of you that has been repressed and cut off long ago, with the intention of recovering the past memory, experience, and context, to release the emotion, and reparent this part so it can reintegrate, leaving you more whole.

3. Body Work

Priority of Body Work is to support the recovery, release, and reparenting of past experiences discarded deep into the body, long forgotten by the Mind, but very present and active in the Brain and Body, that run the day-to-day.

Consider one end of the Body Work spectrum to hold Ancient Practices like Breathwork and Yoga,

the middle of the spectrum to hold Clinical Practices like EMDR and Somatic Massage,

the far end of the spectrum to hold Modern Practices like Boxing, and Zumba

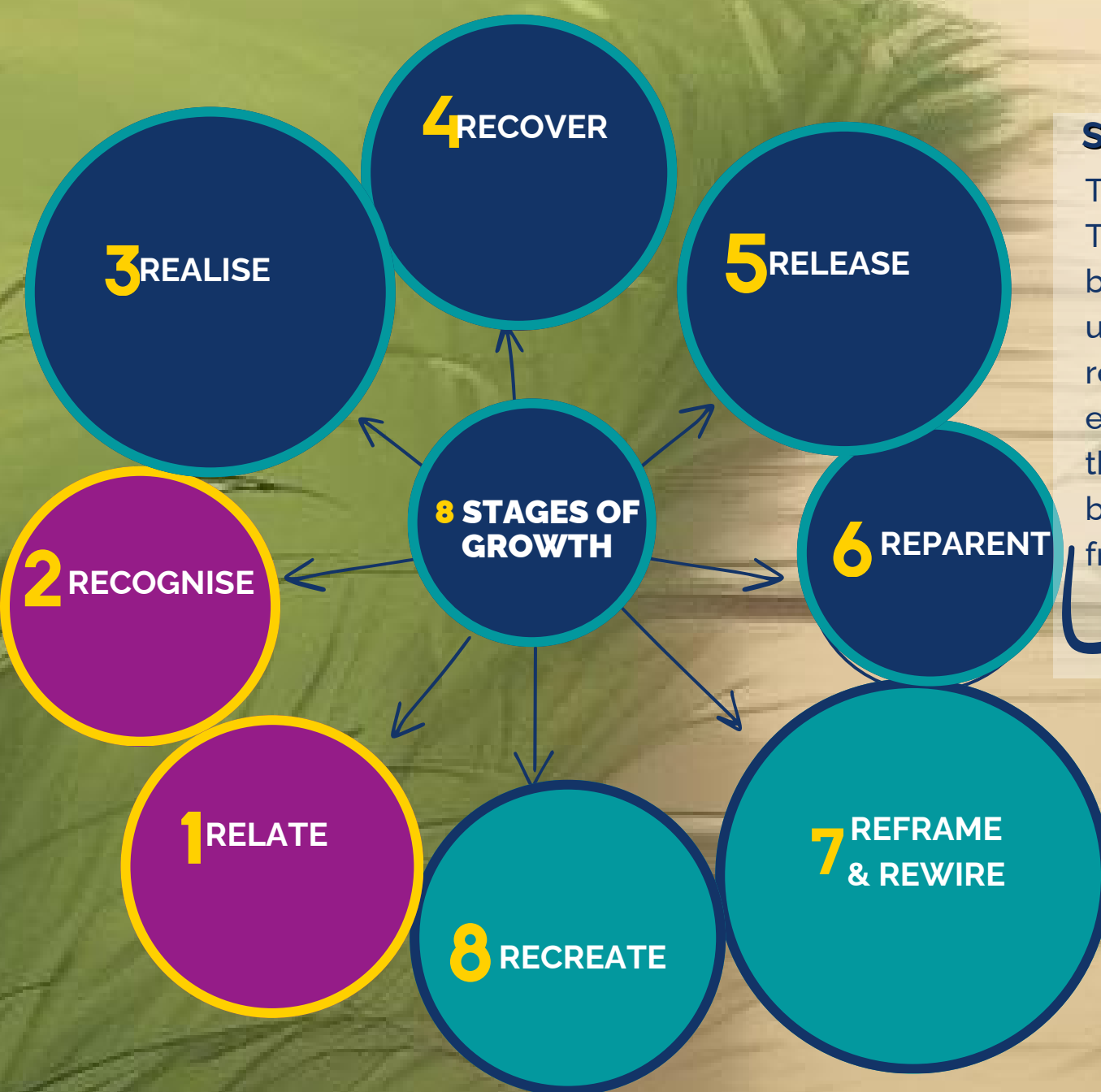
An ideal starting place is a combination of diaphragm breathing 5-min a day, mindful walking 30-min a day and Trauma-Informed Yoga 3x a week.

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2 8 Stages of Growth from C-PTSD Looks like...

While the 8 stages are consistent in the various ways of finding your way out, (*this example presents 8 stages*), the unique way you engage the stages, is yours. You can enter at any stage; 1 through 8, move through them in any order, hang out in 1 longer than others, or you may find you navigate a few simultaneously. These stages are fluid. As such, this visual aid is simply a linear expression of a non-linear and fluid process.



Stages 3, 4, 5, and 6

The typical stages we move through as we do The Work to recover parts of our selves we banished into the unconscious self (the body) until the day comes when we are ready to recover those lost parts, release the lodged emotion from these parts, before we reparent those dis-membered parts to reintegrate them back into the Self. When we do they move from acting out, to showing up in Service.

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Stages 1 and 2

Educating Stages where you are relating to and recognising the effects of ongoing exposure to stress on your brain-body (unconscious self), mind, soul, Educating yourself on The 8 Stages of Growth, and what Tools, Resources, Therapy is available at each stage.

Stages 7 and 8

Your Post Traumatic Growth has tangible evidence you can touch and point to, that provides you with the ability to compare and contrast life before, during, post C-PTSD. You are recreating life with a renewed Brain, Body, Mind, connected to your Soul, that gives rise to all sorts of fun thriving.

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8 STAGES OF GROWTH

Support The Body

Come into The Body

Using Body Work

1 RELATE

Priority is caring for the CNS so it can safely turn off the Survival Mode setting it is locked into.

Educate Yourself

Priority is becoming Self-Aware of what the body is telling you through sensation.

Priority of Body Work is to support you in the recovery, release, and reparenting of past trauma.

2 RECOGNISE

Assess degree of diagnosis and type of support needed. Priority is to make body feel stable and safe.

Triage and Treatment

Bodily Sensations is a key form of communication between brain-body-mind. Going in, is the way out.

Mindful diaphragm breathing, daily walking, trauma-informed yoga are perfect to start with

3 REALISE

Nutrition, Diet, Exercise, Sleep, Environment, Supplements are all part of supporting the body (CNS) to successfully navigate growth

Surface emotions, bodily sensations are the flags the body raises to bring your awareness to what wants to be transformed next.

Body Work is the way in, if you are to find your way out. You will use different combinations of Body Work tools & Therapy as you move through the growth stages

4 RECOVER

Psychedelics, Alternative Therapy, Expressive Therapy, Psychotherapy, Wearables

Consistently supporting your body and CNS will expedite recovery and move you more easily through growth

Practice using surface emotion (Self Awareness) to trace back into unconscious past experience

Body Work aids recovery of the root of unconscious emotions interrupting today's reality

5 RELEASE

Practice being present while you visit past experiences to keep the body safe and stable

With practice, you more easily access, and remain longer inside Self-Regulation. Emotional Dysregulation lessens

Body Work aids release of past painful emotions that have been buried alive in the body (unconscious self)

6 REPARENT

Body-Mind Communication in communion with your soul, matures as you see past experiences cut off from self, return to Self.

Integrating the parts of you that were isolated, repressed or cut off as you become more whole.

Therapy to reparent the parts of you that held that unconscious emotion that is now released

7 REFRAME REWIRE

Therapy, Coaching, Wearables

Brain-Body-Mind-Soul - Business enjoys ever increasing degrees of Health & Wellbeing

You are mostly Present. You, in communion with your Soul, co-create with & through the material that once was considered unspeakable, to what is now unstoppable in a form of Service to society.

Therapy to reframe how those younger parts can contribute to a new way of being

8 RECREATE

More Energy, Greater Imagination, Future Planning, and Curiosity.

You are having fun thriving, as you give, take, co-create with your proverbial village.

Recreate reality from a different physiology: brain, body, mind

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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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