

C-PTSD Recovery

500 Ft. View of the 4 Key Stages

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

Psychedelics

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

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Educate Yourself On What This Process Looks Like

C-PTSD Recovery - 50 Ft. View Of 8 Stages

8 STAGES OF GROWTH

DESCRIPTION

Educate Yourself

1 RELATE

You see something that gives you pause for thought and want to better understand what's going on. You use keywords like C-PTSD, C-PTSD-at-Work, and Trauma-Informed-Growth to continue your research

Triage and Treatment

2 RECOGNISE

You recognise yourself fully and take the steps to assess degree of diagnosis and type of support needed. Discovering C-PTSD feels like a relief of sorts explaining so much about your life.

Self Regulation of Central Nervous System

3 REGULATE

Nervous System Reset first through Co-Regulation, before you practice ongoing Self-Regulation. while educating yourself on the 3 Roles of the Body in Recovery. 1. Support Repair & Recovery of the Body, 2. Coming into the body 3. Bodywork.

Psychedelics, Alternative Therapy, Expressive Therapy, Psychotherapy, Group, Psychology, Psychiatry

4 RECOVER

Practice using surface emotion (Self Awareness) to trace back into unconscious past experiences that are ready to go now. Strongly advise you begin with a qualified trauma-informed practitioner

5 RELEASE

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

6 REPARENT

Integrating the parts of you that were isolated, repressed or cut off as you become more whole. Therapy supports you to reparent the parts of you that held that unconscious emotion that is now released

Coaching, Wearables, Group Therapy, Self-Directed Therapy, Psychotherapy

7 REFRAME REWIRE

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.

All of life is a Guide, Teacher, Contributor at this point

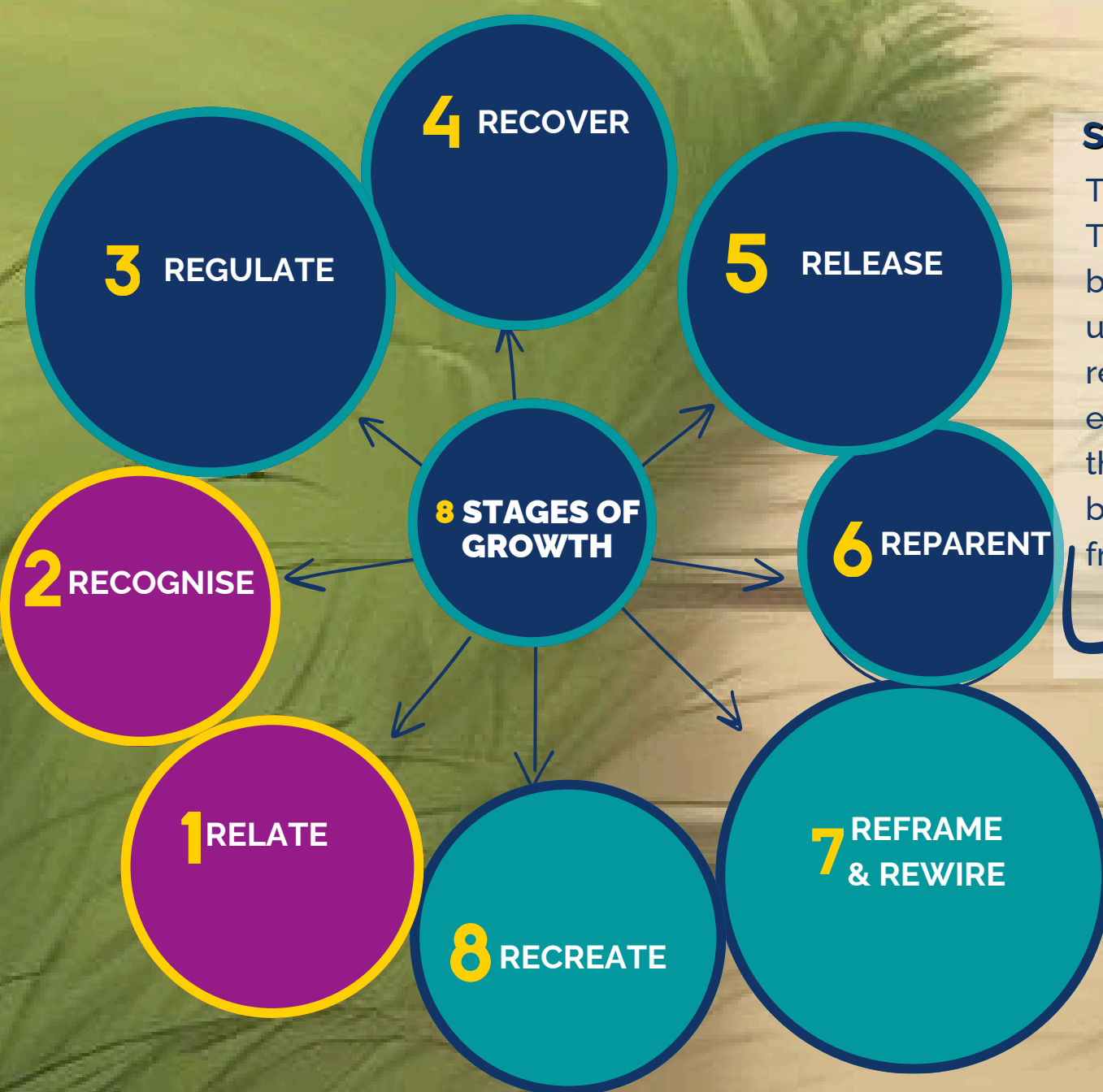
8 RECREATE

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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About The Recovery Process

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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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

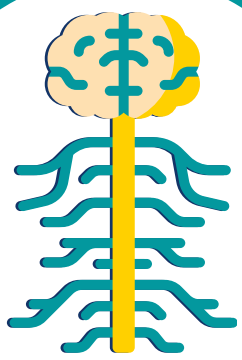
Trial and error, self-directed research and a willingness to change are par for the course. As you move through this path, you will no doubt come up against challenges that can't be foreseen in advance. A qualified practitioner can help you navigate such challenge.

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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The 3 Roles of the Body in Recovery

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1. Supporting Repair & Recovery of 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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