

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

## Self-Directed

Books, Online Courses,  
Apps, Mindfulness,  
Meditation

## 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)

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.**

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Educate Yourself On What This Process Looks Like

## C-PTSD Recovery - 50 Ft. View

### 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

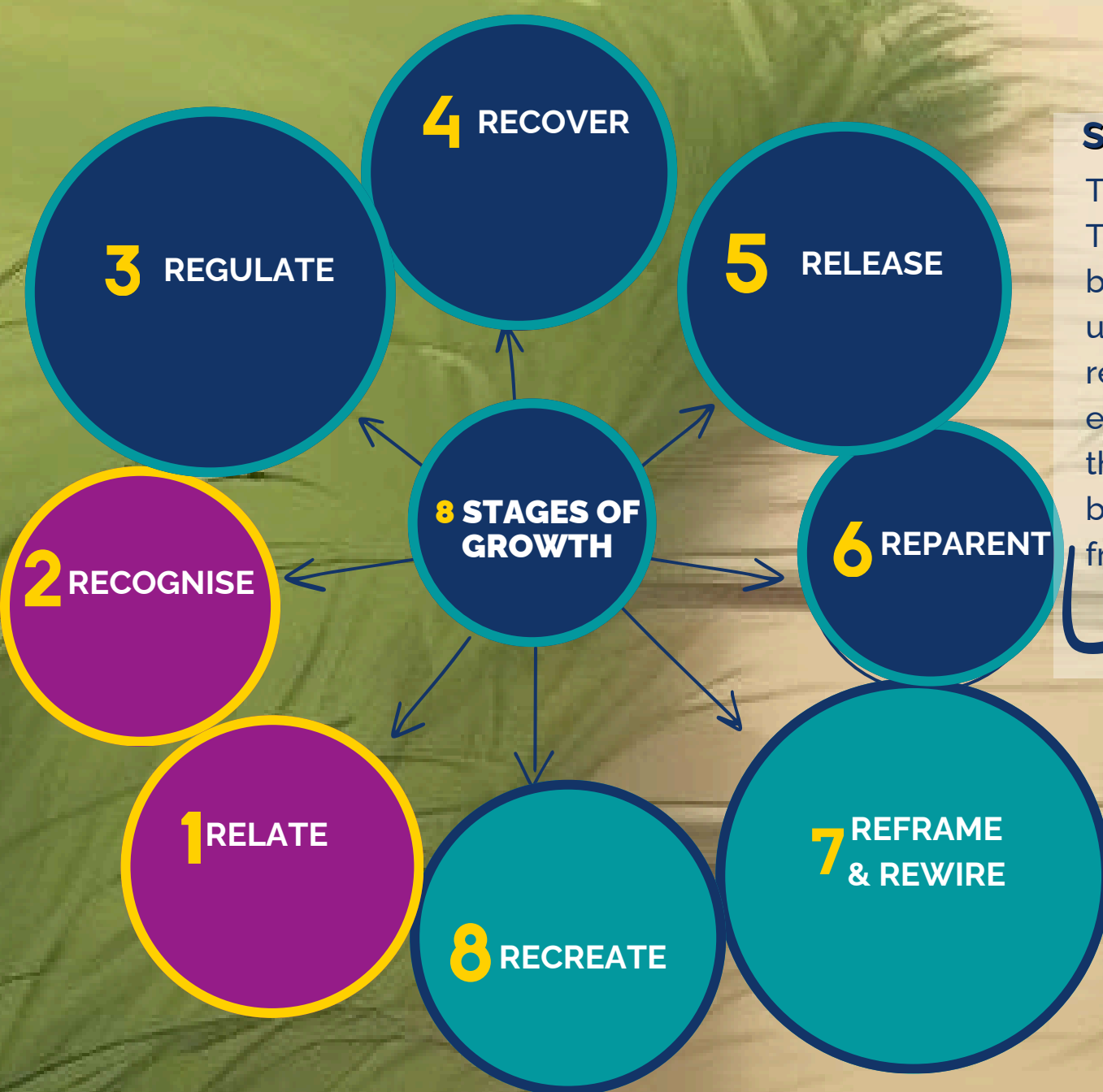
More Energy, Greater Imagination, Future Planning, and Curiosity. You are having fun thriving, as you give, take, co-create with your proverbial village. Recreate reality from a different physiology: brain, body, mind

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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, but there are infinite versions of this process). 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

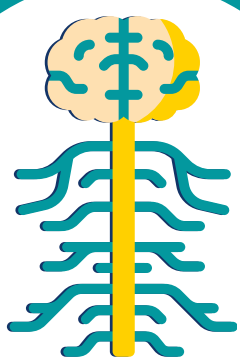
Educating Stages where you are relating to and recognising the effects of ongoing exposure to stress on your brain-body (unconscious self), mind, soul, Educating yourself on The 8 Stages of Growth, and what Tools, Resources, Therapy is available at each stage.

### 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.

# The 3 Roles of the Body in C-PTSD Recovery

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## 1. Supporting Repair & Recovery of Body

**Priority is caring for the Nervous System so it can safely turn off Survival Mode**

Exposure to chronic stress marks the body the way a stroke leaves a lesion on the brain. Supporting your body to repair and recover matters.

Nutrition, Diet, Exercise, Sleep, Environment, Supplements are all part of supporting the body (specifically your Autonomic Nervous System (ANS)) 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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## 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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