

TRAUMA RESPONSE

Understanding your trauma response

HOW AM I FEELING? WHY?

FIGHT 		
FLIGHT 		
FREEZE 		
FAWN 		

TRAUMA RESPONSE

When you have experienced trauma, it is often difficult to regulate emotions and the zone of arousal where they can function effectively becomes quite narrow.

Fight Fight is the instinct to stand up and fight the threat. • Anger outbursts • Controlling • Explosive behavior • Narcissistic	Flight Flight is the instinct to run away from the danger. • Over-thinker • Anxiety & panic • OCD & perfectionist
Freeze Freeze is the instinct to stay still and wait for the danger to pass. • Difficulty making decisions • Dissociation • Isolating	Fawn Fawn is the instinct to try to appease the threat by being submissive. • People pleaser • Lack of identity • Overwhelmed • No boundaries • Codependency

TRAUMA

Understanding your trauma response

BACK CATALOGUE BELOW. TICK THE SYMPTOMS THAT RELATE TO YOU

FIGHT	
☐ Grinding teeth	☐ Knot in stomach
☐ Stense anger	☐ Crying in anger
☐ Urge to punch something	
FLIGHT	
☐ Pale skin	☐ Dry mouth
☐ tense muscles	☐ Dilated pupils
☐ rapid breathing and heart rate	
FREEZE	
☐ Physical immobility	☐ Muscle tension
☐ drop in heart rate	☐ Restricted breathing
☐ feeling cold or numb	☐ Heaviness of limbs
FAWN	
☐ Appeasing the threat	☐ Approval by others
☐ People-pleasing	☐ Maladaptive
☐ Avoid or minimize distress	

HEAD.HEARTS.HANDS

Trauma Healing Review

Joel W. Beam



Trauma Healing Review:

A Non-western Approaches to Trauma Healing Plai Ngarm Soth, 2025-10-01 Non Western Approach to Trauma Healing explores culturally rooted healing methods from Africa Asia and the Pacific Islands emphasizing communal resilience spirituality and traditions like ubuntu and Buddhist mindfulness It critiques Western psychology s limitations advocating for holistic community driven solutions to address global trauma effectively

Trauma Healing Lila Santoro, AI, 2025-03-14 Trauma Healing offers a comprehensive guide to understanding and overcoming emotional trauma emphasizing that recovery is attainable through knowledge therapy and self care The book explores the neurobiology of trauma revealing how traumatic experiences can alter brain function and nervous system responses Intriguingly it synthesizes evidence based therapeutic techniques such as Cognitive Processing Therapy CPT and Eye Movement Desensitization and Reprocessing EMDR as tangible tools for healing The book progresses through stages starting with foundational concepts of trauma and its impact then delving into specific therapies and methods for self compassion and mindfulness It uniquely advocates for an integrative approach combining cognitive and somatic strategies to address the interconnectedness of mind body and spirit in trauma recovery Ultimately readers will gain practical strategies for rebuilding relationships finding meaning and creating a fulfilling life post trauma fostering resilience and mental strength

Healing Complex Posttraumatic Stress Disorder Gillian O'Shea Brown, 2021-04-30 This book is a clinician s guide to understanding diagnosing treating and healing complex posttraumatic stress disorder C PTSD C PTSD a diagnostic entity to be included in ICD 11 in 2022 denotes a severe form of posttraumatic stress disorder PTSD and is the result of prolonged and repeated interpersonal trauma The author provides guidance on healing complex trauma through phase oriented multimodal and skill focused treatment approaches with a core emphasis on symptom relief and functional improvement Readers will gain familiarity with the integrative healing techniques and modalities that are currently being utilized as evidence based treatments including innovative multi sensory treatments for trauma in addition to learning more about posttraumatic growth and resilience Each chapter of this guide navigates readers through the complicated field of treating and healing complex trauma including how to work with clients also impacted by the shared collective trauma of COVID 19 and is illustrated by case examples Topics explored include Complex layered trauma Dissociation Trauma and the body The power of belief An overview of psychotherapy modalities for the treatment of complex trauma Ego state work and connecting with the inner child Turning wounds into wisdom resilience and posttraumatic growth Vicarious trauma and professional self care for the trauma clinician It is important for clinicians to be aware of contemporary trends in treating C PTSD Healing Complex Posttraumatic Stress Disorder is an essential text for mental health practitioners clinical social workers and other clinicians academics and graduate students in addition to other professionals and students interested in C PTSD It is an attractive resource for an international clinical audience as we work together to heal affirm and unburden clients following this time of shared collective trauma

Sensory-Enhanced Yoga® for

Self-regulation and Trauma Healing Carolyn Stoller, 2019-11-25 Lynn Stoller OT MS OTR C IAYT RYT500 E RYT200 and outstanding expert contributors skilfully synthesize theoretical concepts and research findings from the fields of occupational therapy trauma psychology neuroscience and traditional Eastern yogic philosophy to produce a Transdisciplinary Model for Post Traumatic Growth for healing symptoms of combat stress PTSD or other unresolved trauma or anxiety disorders The model is informed by the highly successful yoga treatment protocol used with U S military personnel deployed to Kirkuk Iraq which the author co developed Stoller et al 2012 and by her experiences teaching yoga to veterans in her local community Sensory Enhanced Yoga R is designed to help meet the following goals Decrease hypervigilance and overreaction to sensory input e g visual crowds touch noise movement Improve quality of sleep and energy level to support wellness and enhance daily productivity Decrease intrusive thoughts by learning to become present through breath and body awareness Enhance one's sense of self worth and personal empowerment Whether you are a therapist looking for effective treatment tools for your clients or are seeking healing for yourself this insightful book will provide you with effective strategies to help promote peace of mind and full engagement in life Lynn's website www.sensoryenhancedyoga.org Assessment and Treatment

Interventions for Traumatic Brain Injury Andrew P. Lavender, Ryusuke Takechi, Sarah C. Hellewell, Keisuke Kawata, 2025-10-28 Traumatic brain injury TBI is caused by a blow to the head or sudden ballistic head movement TBI can occur as a result of a collision such as in a motor vehicle accident or as a result of a fall which can happen in several contexts such as sport military service and training or accidental falling TBI is categorised as mild moderate or severe based on a number of signs and symptoms Multiple occurrences of injuries can have devastating consequences for patients when the injuries are in the mild category but repeated over several years as seen in sporting contexts In recent years the evidence for a link between mild traumatic brain injury and chronic traumatic encephalopathy CTE has been mounting rapidly Treatment of TBI varies greatly across the levels however mild TBI is often under reported and therefore may go untreated This is particularly common in sporting contexts where athletes and their coaches are very keen to reduce the recovery period and hasten return to play Common assessment methods may be insufficient for making the return to play decision New assessment methods are needed Rehabilitation methods also need to be optimised to ensure the player has fully recovered to protect the player and others from an increased risk of further injury This Research Topic focuses on brain injury assessment and interventions to improve recovery from mild moderate or severe TBI categories We welcome original research articles minireviews reviews comments and meta analyses employed in animal or human studies relevant to brain injury assessment and rehabilitation interventions Trauma Healing in the Yoga Zone Joann Lutz, 2021-07-19 Trauma Healing in the Yoga Zone describes an original model of Nervous System Informed Trauma Sensitive Yoga NITYA a synthesis of classical yoga somatic psychotherapy and neuroscience research It is organized around the eight branches of Raja Yoga and includes scripts for administering NITYA chair yoga postures breathing practices and yoga nidra the yogic sleep These can be used by

helping professionals with all levels of familiarity with yoga The book is needed for several reasons for mental health professionals it offers a comprehensive overview of yoga philosophy and practices as well as yoga based options for working with the client s embodied experience a major element in trauma healing For yoga professionals and practitioners it provides insight into the natural integration of yoga with polyvagal theory and other current approaches in the field of somatic psychology Both professions are currently being enriched by data from the field of neuropsychology that describes brain function in real time in various mental and emotional states This data supports yoga s effectiveness in regulating the autonomic nervous system a key to trauma recovery

It's Not About Food, Drugs, or Alcohol: It's About Healing

Complex PTSD Mary Giuliani, 2023-02-21 Your Struggle With Food Weight or Substances Is Not Your Fault It s A Normal Response To Surviving An Abnormal Childhood Even though Mary was in long term recovery with food severe obesity drugs and alcohol and had what most people would consider a successful life behind closed doors she still struggled and wondered Why she had so few close friends and had difficulty finding a fulfilling romantic relationship Why she still struggled with food sleep and caffeine Why she couldn t find the flow and passion she longed for in her career Why even though she was in long term recovery with food and substances and had maintained a 160lb weight loss for several decades she felt the need to hide these parts of her past from others Finally in mid life she discovered the root cause driving these and her past struggles with food obesity and substances was a condition known as Complex PTSD CPTSD a more severe form of PTSD that developed from her being raised in a chaotic alcoholic home This discovery sent Mary on a five year journey where she researched leading experts in the trauma and recovery fields who authored books about complex PTSD and the adverse childhood experiences study ACE Study In order to find the most effective treatments for healing trauma she studied the work of thought leaders in the fields of CPTSD neuroscience and developmental psychology and through books about addiction childhood trauma in adults emotional trauma addiction to food and addiction recovery Join Mary as she experiences one mind blowing revelation after another as she learns that CPTSD was operating behind the scenes sabotaging her weight recovery relationships career and health and learn what she did to heal Witness Mary go from believing she was weak a failure hopeless and unworthy due to her struggle with food weight substances and relationships to finally ending these battles by healing the trauma driving them Discover how she found compassion for what happened to her released the shame over how she coped and learned to accept herself just as she is Learn how healing trauma opened the door for her to forge healthy relationships and finally find her purpose in helping fellow survivors heal and thrive In This Blending of Memoir Science Based Research you re not bad or defective it s not your fault your symptoms are normal and you can heal Access the step by step CPTSD workbook Recovery Guide that Mary used to end her struggle with alcohol drugs and food including what she s done to maintain a 160lb weight loss for over two decades Stay on track with your recovery with the included CPTSD workbook Gain clarity and heal through worksheets quizzes questionnaires Gain access to a 36 item menu of evidence based

trauma healing therapies and addiction recovery resources proven to facilitate optimal trauma healing and recovery from difficulty with relationships alcohol drugs food weight or other behavioral addictions To Get Started Ending Your Struggle With Food Weight Substances or Relationships Buy Now **Current List of Medical Literature** ,1959-10 Includes section Recent book acquisitions varies Recent United States publications formerly published separately by the U S Army Medical Library *Bibliography of Medical Reviews* ,1976 Clinical Management of Acute Skin Trauma Joel W. Beam,2024-07-11 Trauma and subsequent injury to the skin are frequent with participation in athletic recreational and work activities This text for professional athletic training students practicing athletic trainers and other health care professionals responsible for acute wound care aims to facilitate learning of the knowledge skills and clinical abilities required to manage such acute skin trauma effectively It acts as a comprehensive guide to the reader from the initial injury assessment through complete wound healing using evidence based practice techniques Management considerations based on wound characteristics patient needs and activity levels financial physical and personnel resources various sport recreational and work settings and governing regulations will assist in the development of best practice Color photographs step by step procedures of intervention techniques evidence summaries from the literature and clinical expertise play an integral role in enhancing the material

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