

1

Let's do a brief review on what trauma is

- An Unhealed wound
- Bad things happening and GOOD things NOT happening that leave a lasting impact, and negatively impact your selfhood, your humanity, your functioning, your quality of life

Note: It is actually a rarity that I meet humans with SINGLE traumas

“With a single trauma there’s a sense of before and after, and the shift from pre-trauma to post-trauma is often recognizable to all (Danylchuk & Connors, 2024, p. 7).”

Brief Review of Trauma Continued: Complex Trauma (CPTSD)

- Complex traumas are identified by Dr. Anabel Gonzalez as being of the interpersonal type, "which are more harmful and produce more profound disorders in the identity and beliefs of the individual (Gonzalez, 2018, p. 5)."

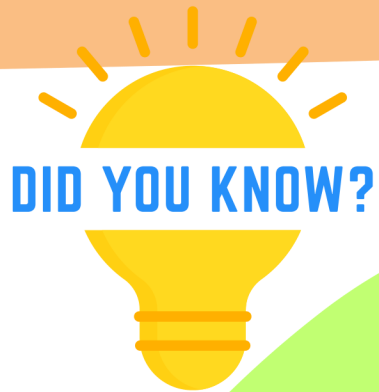
- "Trauma that occurs repeatedly over time impacts that person's psychological development. Critical stages of development may be skipped, damaged, or incomplete. Developmental trauma occurs when the person is young, repeatedly abused, and lacks nurturing and healing responses from caregivers, resulting in deficits and distortions in psychosocial development (Danylchuk & Connors, 2024, p. 20)."

Danylchuk, L.S. & Connors, K.J. (2023). *Treating Complex Trauma and Dissociation: A Practical Guide to Navigating Therapeutic Challenges*. (2nd Ed.). Routledge.

Gonzalez, A. (2018). *It's Not Me: Understanding Complex Trauma, Attachment and Dissociation*. Anabel Gonzalez.

@Mindful_Therapy_Practice

EMDR Eye Movement Desensitization and Reprocessing Therapy



The developer of EMDR, Dr. Francine Shapiro states that if she could rename EMDR, she would rename it to "Reprocessing Therapy," because the eye movements are just one of many components to EMDR Therapy. In addition, Eye movements are just one type of bilateral stimulation

Shapiro, F. (2018). Eye movement desensitization and reprocessing: Basic principles, protocols, and procedures (3rd ed.). Guilford Press.

Eye Movement Desensitization and Reprocessing Therapy

Dr. Jason Linder (@drjasonlinder) beautifully explained that EMDR is about changing the way that information/memories are stored in the brain.

Do you remember hearing the phrase "neurons that fire together, wire together" by Neuropsychologist Donald Hebb in 1949 ?

Well, EMDR is based on the theoretical model of AIP, adaptive information processing, which basically means that the information received (the messages, beliefs, emotions, images, body sensations, etc.) when trauma was experienced, remains stored in the brain this way until new learning takes place with more adaptive information.

What is Maladaptive vs Adaptive Information?

Maladaptive essentially means information that is not true, incorrect, faulty.

Many of us experience upbringings where we were made to believe specific "rules" in order for us to survive our childhoods and young adulthoods.

So, in EMDR , one of the many goals is to intentionally and mindfully work with humans to create enough safety

to make sense and process the past,

but this time,

with

Accurate

Correct

Compassionate

and Wise

INFORMATION

Complex Trauma (CPTSD)
can
often result in us developing an internal system
that can range from
OSDD~~X~~ (otherwise specified dissociative ADAPTATION)
TO DID~~X~~ (dissociative identity ADAPTATION)

YOU(S) did NOTHING WRONG

YOU(S) were SURVIVING

**But what happens after you survive and
are no longer in imminent danger?**

Stay tuned until the end to find out...

The following are just some examples of beliefs
we had to hold as true in order for us to survive.

Some Common Beliefs that Were Likely True for Us
Growing UP In Our Specific Environments

"I must be hypervigilant at all times because
YOUs (caregivers/siblings/influential adults)
never or rarely tell me the truth and then
something bad happens to me"

"it is not safe to be myself.
I have to change myself to make YOUs
(caregivers/siblings/influential adults)
happy with me.

I have to please YOUs to get any or all of my
needs met..."

Some Common Beliefs that Were Likely True for Us Growing UP In Our Specific Environments (continued)

"I must be perfect. I cannot make mistakes. I get ridiculed or worse if I make any mistakes"

'Making mistakes makes me bad'

"Making mistakes makes me not lovable"

"I won't be loved if I am not exceptional or if I am not performing well"

"I have to make myself invisible; I can't let myself stand out because it is not safe to do so"

Some Common Beliefs that Were Likely True for Us Growing UP In Our Specific Environments (continued)

"I cannot ask for help"

"I have to take care of all of my needs"

"I can't ask YOUS for affection or love because.... you
make fun of me ...
reject me...
are always drunk or high...
will hit me/yell at me...
just ignore me ...
I don't deserve it...
you don't have time because you're so busy...
I'm not important ...
You're more important than me..."

Some Common Beliefs that Were Likely True for Us
Growing UP In Our Specific Environments (continued)

"I must not trouble YOUS or anyone with any of
my own needs or feelings"

"I can't have needs because...

YOUS don't have time for me...

Others are more important than me...

I must take care of my needs and those of the family's
and yours...

I'm bad...

It's selfish to do so..."

Some Common Beliefs that Were Likely True for Us
Growing UP In Our Specific Environments (continued)

"I must not show vulnerable feelings because...
it's not safe
I get punished/yelled
at/ridiculed/ignored/rejected
then you think I'm weak..."

"I must tolerate maltreatment because...
it's normal in my house and happens every day..
I'm not deserving
You tell me this is the only way I'll learn
I'm stupid
it's part of life
It's all I know..."

Some Common Beliefs that Were Likely True for Us
Growing UP In Our Specific Environments (continued)

"I must be a clown to make you happy...
because any other emotion is too much for YOU S..."

You only love me when I make you laugh or perform the
way you want me to..."

"I must not be happy, playful, or silly because...
YOU S will yell at me/hit me/do something bad to me,
punish me...
give me something to laugh about...
because YOU S are not happy"

Some Common Beliefs that Were Likely True for Us
Growing UP In Our Specific Environments (continued)

"I must demand in order to get my needs met
by you...
because yelling is all we do...
YOUS won't hear me otherwise..."

"I have to take care of YOUS and the house
because...
YOUS won't do it
YOUS don't know how to do things
YOU make life living hell if I don't do
everything...
that's the only way I get attention from YOUS"

While These Messages Were True For US, In Our HOMES, Environments, Community, Other "Normies," Non-abused and fortunate humans were learning these important TRUTHS and RIGHTS:

PERSONAL BILL OF RIGHTS

- 1. I have the right to ask for what I want**
- 2. I have the right to say no to requests or demands I can't meet.**
- 3. I have the right to express all of my feelings, positive or negative**
- . 4. I have the right to change my mind.**
- 5. I have the right to make mistakes and not have to be perfect**
- .6. I have the right to follow my own values and standards.**
- 7. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.**
- 8. I have the right to determine my own priorities.**
- 9. I have the right not to be responsible for others' behavior, actions, feelings, or problems.**
- 10. I have the right to expect honesty from others**

Personal Bill of Rights Continued

11. I have the right to be angry at someone I love.
12. I have the right to be uniquely myself.
13. I have the right to feel scared and say “I feel scared.”
14. I have the right to say “I don’t know.”
15. I have the right to not give excuses or reasons for my behavior.
16. I have the right to make decisions based on my feelings, values, preferences, and logic.
17. I have the right to my own needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthier than those around me.
20. I have the right to be in a nonabusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my needs and wants respected by others.
24. I have the right to be treated with dignity and respect
25. I have the right to be happy.

Thank you for staying tuned and hanging in there with me!

**But what happens after you survive
and
are no longer in imminent danger...**

We likely are adults now and on top of surviving,
and trying our best to function,
we have the added task to

RE-PARENT
ourselves.

it's possible

We deserve to heal

We deserve a good quality of life

We were once children and ALL children are born lovable and are
lovable!

My Personal Approach to CPTSD, OSDD, DID includes but is not limited to the following ...

Establishing a trusting relationship where you are treated with respect, and the expert on you(s)

Dr. Danylchuk and Christine Forner (2022) refer to this kind of care in therapy as Securefulness

Ego-State Therapy/Parts Work

Developmental Needs Model involving attention to attachment and development

EMDR
Eye Movement Desensitization and Reprocessing Therapy

Dialectical Behavioral Therapy + Mindfulness Based Cognitive Behavioral Therapy