

ANTECEDENTS

Childhood trauma =
- PTSD (a discreet event such as a hospitalization, car crash, assault, etc.)
vs.

- Developmental, relationship and attachment trauma (not categorized as PTSD)

"Orchid theory" = genetic component of being more reactive and/or sensitive

TRIGGERING EVENTS

ACE's (adverse childhood experiences)

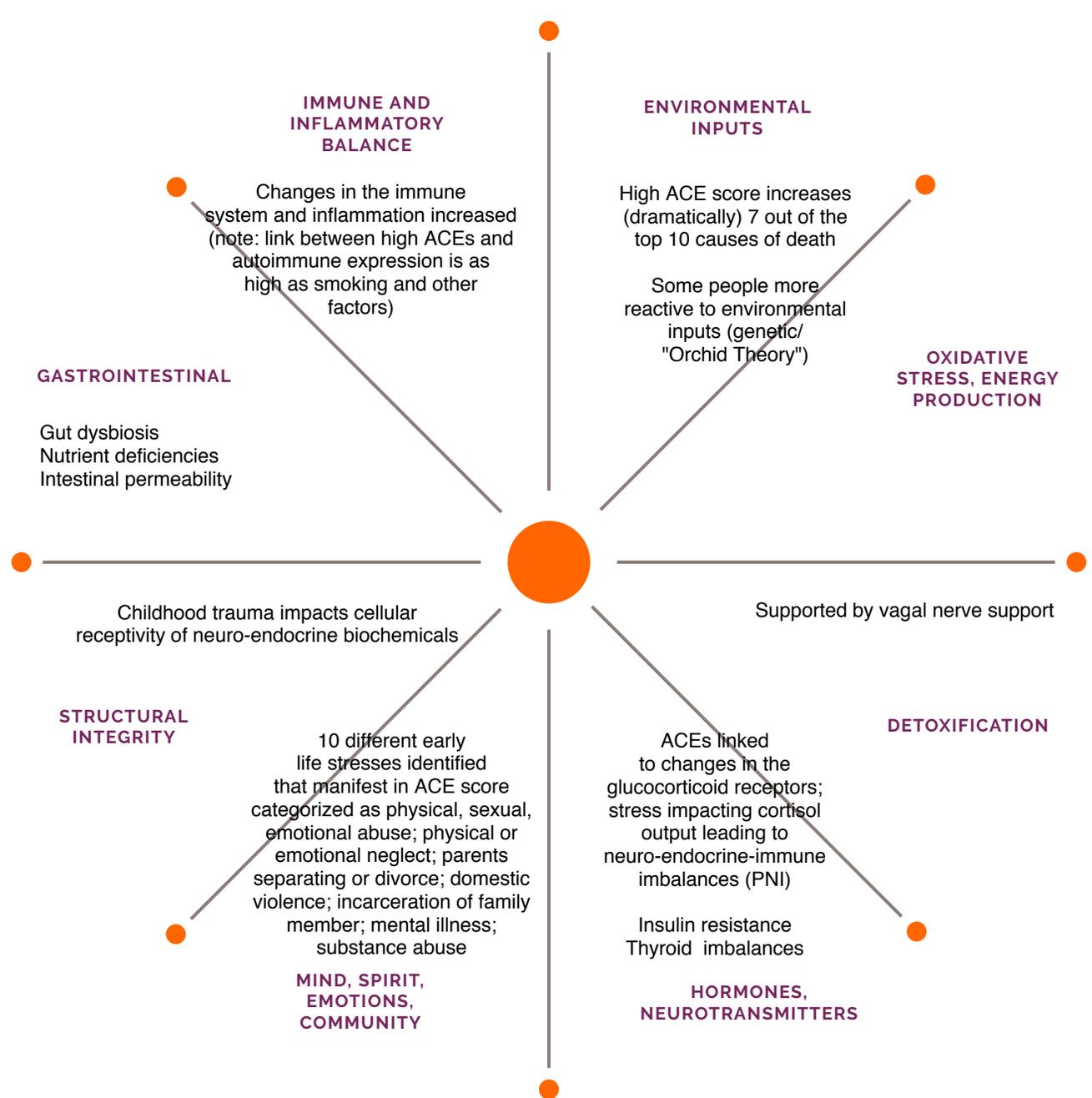
PTSD is trumped by developmental trauma

- Poor relationship with emotional caregivers
- Emotional neglect

MEDIATORS

By addressing symptoms, one is reversing the footprint of early childhood trauma -- Think Epigenetics (Tier 1 and Tier 2 in the Functional Nutrition 3 Tiers to Mastery)

+ vagus nerve stimulation very important
+ strong relational/social bonds
+ embracing personality types to understand oneself



SLEEP/RELAXATION

Circadian rhythm and sleep management important to reset the nervous system to help heal trauma

EXERCISE/MOVEMENT

Key: Stimulation of the vagus nerve for nervous system reset to address childhood trauma

Yoga / Qi Gong
Gentle exercise

NUTRITION/HYDRATION

Nutrition is key to address in a bio-individual fashion so that we can "reverse the footprint"

STRESS/RESILIENCE

Meditation
Mindfulness
Breathing!

RELATIONSHIPS/NETWORKS

Gratitude journaling
Feeling a sense of self worth and value
Foster strong relational/social bonds