

SHANNON EASTMAN

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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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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