



# WHERE IT BEGAN

Gentle Trauma Release Method ©





# WHERE IT BEGAN

## WE JUST WANT TO HELP...

- Many of us working with people in settings like coaching, counseling, healing or therapy, come to these fields because we *just* want to help people.
- We want to help our clients feel happier, suffer less, find meaning, purpose, love, confidence...And we hope that once we get the right training and education, we will be able to do this with a reasonable amount of certainty and reliability.
- That is, if our client has a problem, we want to feel confident in our ability to help them. That way, they eventually walk away without the problem they came to us with.
- Maybe you have several trainings under your belt, education, sessions, titles, certificates. But sometimes, you might wonder if you can really help your clients. Or if it's truly possible to help them with the skills you have.
- Perhaps, you have encountered the following challenges in your practice (or yourself):
  - The belief that "healing happens in layers"
  - Most clients carry trauma
  - There is only so much you can do for your clients by talking to them





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### CHALLENGE #1: HEALING HAPPENS IN LAYERS

- One of the concepts we hear in the area of coaching, healing, self-help, and therapy, is that clients don't completely heal or improve certain aspects of their life because "there are layers" to their challenges. And that's why "healing can take such a long time".
- In practice, this means that the same problems reappear because there is supposedly yet another layer of the problem that needs to be dealt with.
- The "layers explanation" is often offered to account for the yo-yo phenomenon that we see in many clients who tried to heal through different modalities. They feel better for a bit, but they end up having the very same problem again.
- This *healing has layers* concept can become a problem once you recognize that you want better for your clients... when you realize that you don't want them to have to come back over and over again with the same issue.
- The healing has layers argument can also become an impediment for your own healing. You (or your clients) can simply lose motivation to keep trying to get better only to see temporary results at the best.





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## CHALLENGE #2: MOST CLIENTS EXPERIENCED TRAUMA

- Sooner or later one might realize that most clients experienced traumatic events in their life. It's the unresolved past trauma that prevents them from seeing results or why those results are only limited and temporary.
- In other words, it's NOT that clients keep having the same problems because healing happens in layers, but the problems don't go away because the client has some trauma in their system. And that trauma is holding them back in life, in many cases causing them deep emotional suffering.
- For example, it could be that...:
  - Sexual assault from a stranger or a family member that your client experienced at some point in life
  - Time in their life when they were mercilessly bullied
  - Job loss or bankruptcy that came as such a shock that the client was never able to get it together again
  - Painful breakup that their heart has never healed from and they have not been able to sleep properly for the past decade
  - Suicide committed by someone in the family that the family never recovered from
  - Loss of a spouse or a child in a car accident
  - Betrayal by a friend that the client trusted
- When a person's eyes open enough, one starts to recognize that there is underlying traumatization behind the reason why many clients aren't quite able to maintain their emotional wellbeing, their success, their self-worth...why they can't quite sustain the results in the long run.





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### CHALLENGE #3: TALKING CAN ONLY DO SO MUCH...

- You can't talk trauma away. Trauma doesn't respond to insight, reframing, or pep-talking.
- There is only so much one can do for clients by merely talking to them. We need more than just a conversational approach in order to help a client who is carrying trauma.
- Let's now go through the three breakthrough discoveries that might just shift your perspective with regards to trauma resolution:
  - Discovery #1: Trauma is a bodily response to threat
  - Discovery #2: The feeling of safety is the ultimate antidote for trauma
  - Discovery #3: Trauma is so much more than the PTSD diagnosis





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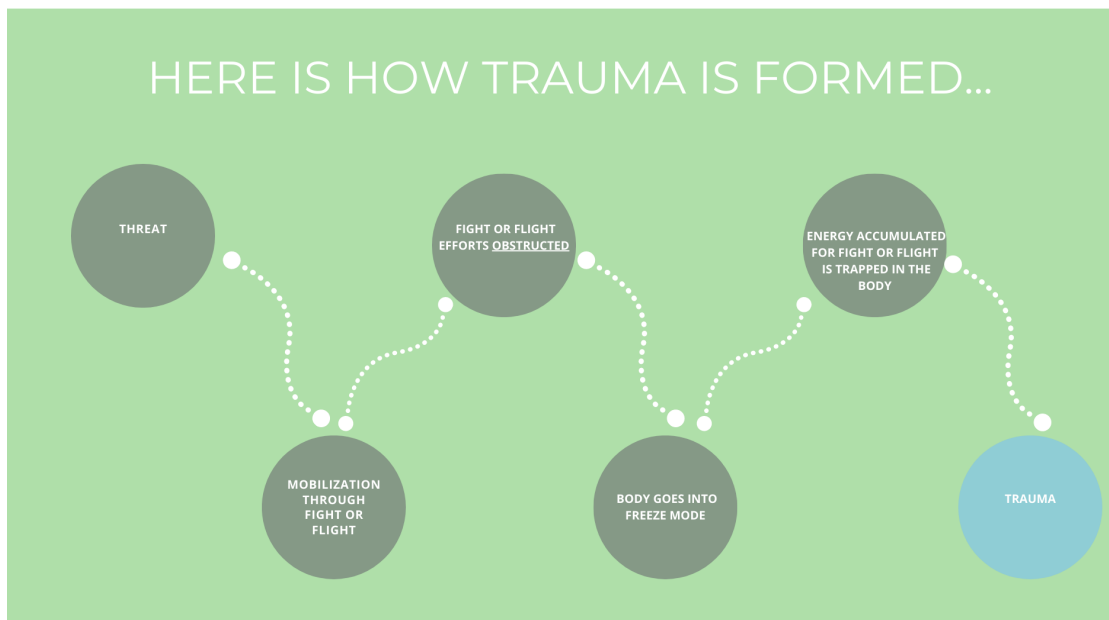
### DISCOVERY #1: TRAUMA IS A BODILY RESPONSE TO THREAT

- Mainstream psychiatry and therapy, at this point in time, don't yet have a consistently reliable, long-lasting way of treating trauma. It's only starting to recognize just how many mental health challenges could be potentially linked to previous trauma. But that doesn't mean that they have a way to actually treat and release trauma.
- A person diagnosed with PTSD is typically prescribed medication and/or talk therapy.
- Medication can, in some, cases, help with *some* of the traumatic symptoms (e.g. sleep issues, depression, anxiety). However, the moment one stops taking the medication, the symptoms come back. This is because nothing was done with the root cause of the problem (trauma).
- Talk Therapy is built on the idea that when discussing traumatic events with the therapist, the client will eventually desensitize themselves. In desensitizing themselves, the client is then believed to experience less distress when thinking or talking about the traumatic events again. However, mere talking about trauma can cause the person to relive it, rather than release it or resolve it!
- Mainstream psychiatry and therapy don't know how to "cure" trauma. Why? Because trauma is a bodily response threat! Having an intellectual insight or understanding of the situation alone is just not enough to heal it or resolve it.

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## DISCOVERY #1: TRAUMA IS A BODILY RESPONSE TO THREAT

- Here are the mechanics of traumatization in a picture:



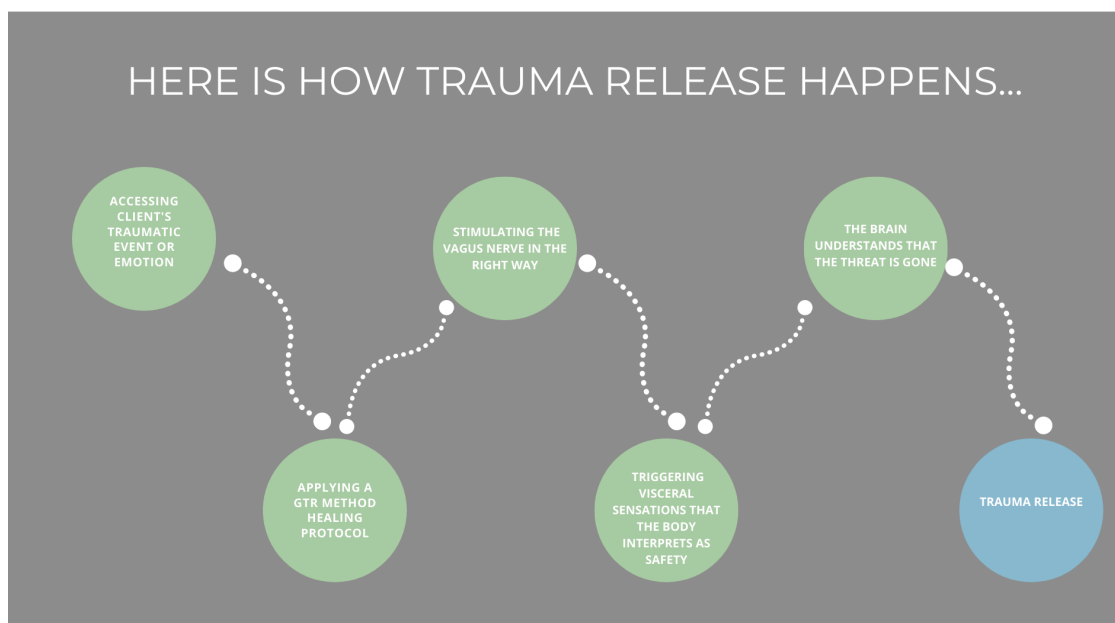
- When the system goes into freeze mode, all the energy that was accumulated to mobilize us into action through fight or flight, gets trapped in the body. And THAT is what trauma is.
- Until we release that energy that our system mobilized us with in the moment of threat so that we could engage in fight or flight, the body will continue to think that the threat is still out there. And we will continue experiencing traumatic symptoms.



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## DISCOVERY #2: SAFETY AS THE ANTIDOTE FOR TRAUMA

- Every attempt to resolve trauma has to start in the body. Trauma literally changes our biology. For our clients' sake, we want to learn how to free trauma from their bodies. And only an approach that engages the body in some way, can do that.
- The amazing news is that by engaging the body and involving it in the trauma release process, trauma resolution can happen mind-blowingly fast. But you also have to engage the body in the *right* way.
- The fundamental premise of the GTR Method© is based on the philosophy that: The feeling of safety is the ultimate antidote for trauma! In fact, most GTR Method© healing protocols are designed to help the client feel safe in the body. In this respect, The Gentle Trauma Release Method© relies on the latest scientific research. For example, the Polyvagal Theory teaches us that stimulating a specific branch of the vagus nerve can evoke visceral sensations that the body interprets as feelings of safety. Here is how it works:





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### DISCOVERY #3: TRAUMA IS MORE THAN PTSD

- Trauma doesn't have to show up only as "classic" PTSD symptoms (e.g. flashbacks, insomnia, hypervigilance). The fact that someone is not diagnosed with any official diagnosis doesn't mean that they have emotional wellbeing. They can still suffer.
- Just because someone does not officially qualify for a PTSD diagnosis or other official trauma-related diagnoses, doesn't mean that they are symptom-free when it comes to trauma. They might be able to function, but they are far from emotional wellbeing, they are far from living a full, self-empowered life.
- We see this all the time in coaching. So very often, behind procrastination and self-sabotage, there is trauma. Behind the client's inability to speak up for themselves, there is often trauma. Lack of self-worth or self-esteem, porous boundaries limiting beliefs...again, often trauma-related.
- The rigid and fixed diagnostic criteria of PTSD and other trauma-related disorders are often not an accurate representation of the range of symptoms that clients present. We believe, for the sake of people's wellbeing, we want to be aware of a wider and more diverse range of traumatic symptoms that can show up once a human being has been exposed to traumatic situations.
- Coaching and similar approaches offer us the ability to help those who are waiting on the sidelines, with traumatic symptoms that officially don't qualify even for mainstream help.



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### DISCOVERY #3: TRAUMA IS MORE THAN PTSD

- The GTR Method© recognizes a wide range of traumatic symptoms. These symptoms fall into the following categories:
  - Physical Symptoms
  - Emotional Symptoms
  - Cognitive & Motivational Symptoms
- There is so much that the Gentle Trauma Release Method© can do for practitioners working with clients. It enhances a practitioner's abilities and skills, and thereby makes them feel confident and reassured when it comes to the power and efficacy of their client work.
- And of course, there is the personal healing available to each practitioner on their own Gentle Trauma Release© journey.





