
Q&A Call #4 Special Topic: Parenting with with Seth & Mara - October 10, 2024

This section addresses the following questions:

(00:00:42)

Question: "Hi there. This is my sixth round, and I have a 1 year old daughter. She's awesome. My question is... How can I use the knowledge/practices of SBSM to help me have healthier conflict with my partner? What would healthy conflict look like, and how can I use SBSM to help make our conflicts healthier? I'm aware that our fights potentially affect our girl."

(00:08:17)

Question: "On a Zoom call you and Irene did on healthy aggression, just before this round of SBSM started, you mentioned that you were working with a boy, and you gave his mom and therapist steps to follow, because you knew this aggression was arising, and you were taught through your training not to shut it down, whereas the therapist was. What were these steps you had for the mom and therapist/people who are unfamiliar with this way, to be ready for this to arise? Thanks."

(00:17:47)

Question: "Hi Seth! My 9 yr old is very expressive with his emotions. When upset he screams and cries to the point that he can get a headache. When we try to offer comfort (calm speech or touch) he gets more upset, which is frustrating. The only thing that works is distraction, like putting on the tv for a while. When calm he doesn't want to talk about what happened or what we can do to support him. How can I help him in a better way than just distracting him and waiting it out? Thankful for any suggestions!"

(00:22:52)

Question: "Hi Seth, I keep getting images from my childhood. I was so scared and frozen at night that I turned to fantasies to get to sleep. They got more and more horrible when I got older, getting raped and murdered, masturbation was also getting part of it. I never told anyone, because I felt ashamed about it. Was it a kind of self harm? What is your idea? It was as long as I can remember from a very young age. I think something made me think so bad of myself to do this."

(00:28:01)

Question: "I'm an alum with EDT. My teen had a mental health crisis almost a year ago. It lasted a few months. At the time I went way over my capacity and was not able to resource sufficiently, because I had to care for him. He is doing better but not ok. I had a CFS relapse a few months ago due to this stress, and I am also more anxious and depressed. I'm having a hard time coping. How do I support myself to heal from the past crisis, and also help myself cope with the current stress?"

(00:31:30)

Question: "I started SBSM 2 years ago, and realized how much pre-dev trauma I carry, growing up in Lebanon during the war. I've been out of the country for more than 10 years, but my family is still there. With all what's happening now, I feel like my system and my body are there, always on alert and activated. I'm trying to communicate safety to my body, but emotionally I don't feel safe. Is what's happening re-traumatization? Any way I can "leverage" re-living the situation to heal this pre-dev trauma?"

(00:38:03)

Question: "My daughter was tube fed for her first year of life (with other trauma & surgeries). As I do this work, I realize how much nurturing she missed out on - food was just delivered into her stomach at a set time and set amount, she had no control over it. She is now 12 and really struggles to feel when she's full (sometimes eating until she is sick). Do you have any ideas on how I can best support her in this situation? And more generally, how to encourage healthy eating habits in this modern world"

(00:42:47)

Question: "I have EDT, and hear lots of people reporting having involuntary muscle spasms and shaking at some point in their healing journey. For a year now I have been experiencing strong impulses to bounce, shake and stretch my body, and particularly my hips, but no involuntary movements. Can somatic and nervous system trauma heal without involuntary movements when EDT and extreme panic have been in the picture, or is it a matter of time for that to occur? Thanks."

(00:46:14)

Question: "My daughter is 6, diagnosed with autism and pathological demand avoidance. I feel signs of C-PTSD from high stress, blame, lack of support, divorce. I feel dysregulated as soon as my daughter gets distressed about something, and she might shout or cry. I struggle to cope. Immediate overwhelm. Don't know how to respond to her, I feel like I want to flee. I try my best to parent with compassion, but don't know how to stop being triggered by her distress. How do I let both of us know her emotions are ok when my body's stuck?"

(00:50:29)

Question: "I have a terrible phobia about fainting. Because of this I dissociate very easily. Whatever I feel in my body I start to think and believe (not feel) that I am going to faint, and this creates even worse bodily sensations. I have had this phobia for some years. I even did

some therapy, but no results. Last December after a big flu, I happened to faint and thought that I had some new insights or some “learnings,” but it continues exactly the same, huge fear of fainting.”

(00:56:08)

Question: "This is my first time in SBSM. I have been leaning into my sensations. However, for the last few days I have been waking up multiple times a night with severe pain in both my forearms. I have been feeling the pain and trying not to dismiss it. However, this is recurring multiple times each night and disrupting my sleep. I would be grateful for advice on how to deal with this, either in the moment or the following day.”

(01:02:47)

Question: "Is there a connection/relationship between a dysregulated nervous system and being a highly sensitive person who perceives things on many levels?”

(01:06:45)

Question: "Hello, I experience a lot of anxiety. I’m not afraid of it. Often I try to “relax into it,” meaning I try to soften everything. Other times I try to engage with it more. I run, push, voo... But no matter what I do, it seems it is not connecting to the energy ball in my chest. There might be a really small bit of energy moving, but it could also be wishful thinking. So my question: Is it possible that the energy is released in small tiny bits, or is it supposed to feel complete with one “session”?”