
**Q&A Call #1 Special Topic: Early/Developmental Trauma with Jen -
September 19, 2024**

Common Themes:

- **How to engage with the work when having a hard time**
 - Freeze and overwhelming feelings
 - Freeze and only engage with the work a little, know I need to do more
 - Why is it so hard to think about resources - after 4 rounds
- **Mental Health and connection to EDT**
- **Growing Connection - feeling more, including shame**
- **In Utero Trauma (including twin death)**
- **How do I expand while not pushing too much or overwhelming myself?**

This section addresses the following questions:

(00:19:55)

Question: "I have possible in utero and EDT. It's technically my 3rd round of SBSM but I mostly find myself ignoring the program. Sometimes I manage to incorporate some elements like orienting, listening to Q&A calls. But then during hard times I feel the "necessity" of this work and try to start "for real" but can't. Feels like guilt about unfinished homework while I'd rather relax and enjoy myself. Could you provide context to these patterns? Any tips on how to go about this work with them at play?"

(00:29:47)

Question: "Hi Jen, I have a lot of freeze due to EDT. When triggered I get stuck in the overwhelming feelings. So far, practices don't help me unfreeze in these moments. The feelings

feel terrifying for my system. What can I do to not get stuck in freeze or get out of freeze sooner? I have a 1 year old daughter and don't want to be a frozen mama.”

(00:36:16)

Question: "Why is it so difficult for people with Early Developmental Trauma and Freeze to think of Resources in Lab1? In the 4th Round now and still one of the most difficult questions. Thanks.

(00:38:13)

Question: "Do you feel mental health challenges can be linked to early trauma and specifically developmental traumas (which were pretty constant from age 7 for me)? How can I best utilise SBSM to support with MH instability / disorders (specifically EUPD/BPD, suicidal ideation)? I now experience FND (functional neurological disorder with seizures, stroke mimics etc). This is my 3rd attempt at SBSM and I feel fearful of re-traumatising myself and flare ups. How do you recommend approaching things? Thank you.”

(00:49:23)

Question: "I experienced safety with my therapist for the first time in my life during the previous round of SBSM. But when I thought about telling her this, I felt so much shame. I almost didn't tell her. I felt that feeling safe is shameful somehow. I did eventually tell her, and it came out I was not the first person who experienced that, but why might that feel shameful? Safety is supposed to be a good thing (yeah, I know it might feel weird and foreign, but shameful feels somehow too much of a reaction).”

(00:45:05)

Question: "I have EDT. I am an alum. In the last half year I have been able to feel more connected to others, and safer out in the world. At the same time my attachment triggers have

become stronger. I feel abandoned, hurt and alone easily. Also in the past I would have been more anxious and in my head about the relationship but now everything is in my feelings. I'm in a lot of pain. Can you explain why this may be happening to me? How can I support myself with this? Thank you!"

(01:00:05)

Question: "I was born, my twin passed away in the womb quite early. I have such a deep feeling of aloneness my whole life. What gives me anger & deep grief/sadness. On nervous system perspective: can you tell me more about what you know about how this kind of womb trauma affects the nervous system and how to work with it? My nervous system feels very delicate. Very sensitive to medication, acupuncture, and I have allergies. Thank you."

(01:08:12)

Question: "I have been working with a trauma from my teenage years where I became hyper vigilant to my mum. I have a gut feeling that these feelings may have stemmed from in utero. As I have also started having dreams and feeling grief about my brother who was stillborn before I was born. Now I have an awareness that something more recent may connect with early trauma. Do I need to approach the feelings and sensations differently?"

(01:11:42)

Question: "Not having been warmly welcomed neither into the womb nor into this Birth trauma - having been "marinated" in mother's stress hormones and dental toxins, having survived her "fall off the staircase" in the 5th month, being "catapulted" within 1 min out of her womb via injection (hospital was forcing the birth because of closure of ward). My life was saved, but the near-death trauma repeated several times in my life, also the medical traumas, and I'm chemically sensitive. Any advice?"

(01:16:29)

Question: "This is SBSM round 2. I have experienced EDT, shock trauma and medical trauma. I feel I am coming out of freeze. I have both more energy – and more anxiety. I've had severe ME/CFS for eleven years and I am having a tricky time knowing how much to do. I feel deeply that my body wants to move more, but I suspect anxiety is driving me to move more as well. I don't want to push past my body's limits, but I also don't want to keep holding my body back. Any thoughts or suggestions?"

(01:21:56)

Question: "I have EDT. Now, better capacity, better bodily functions, somewhat. Better support. Able to go to a second reaction faster, and symptoms are still increasing. Feels a swing. How to know how much to push to not overwhelm. What do you think of network spinal analysis? Tried a few, and I feel my shoulder stuck, my fascia pulling."