
Curated Q&A Call #7 with Jen Special Topic: Early Developmental Trauma

Common Themes:

- Containment and Capacity
- EDT and Relationship
- How do I work with (fear, worry, anesthesia)

This section addresses the following questions:

(03:22)

Question: My TMJ dentist is recommending an SBG block as a nervous system reset for pain and anxiety. It's not an injection, but lidocaine applied via a cotton swab through the nasal passage. Have you heard of this, and is it effective and/or recommended for nervous system dysregulation?

(06:04)

Question: Could you explain in more detail the differences between capacity and containment? How are they different and how do they work together?

(17:11)

Question: Recently, a family member has asked me to meet a need for them. When I get up to do something - that I must disclose why I'm getting up and where I'm going, because getting up and leaving makes them feel unsafe. Parts of me want to meet this need, and other parts feel angry, like I want to be able to get up and freely do what I choose without explaining myself. I

have been working with the anger by myself, and it sometimes shifts a bit when I am with her. Wanting more guidance. Thank you.

(23:27)

Question: I got a lot of EDT (also coupled with shock trauma, but it blends into the EDT). There is a strong urge to connect with people who I know love me, but don't understand anything about trauma, and don't understand and don't have capacity for what I'm feeling. How do I differentiate security and this urge for connection? Especially when life itself around these topics is complex.

(34:34)

Question: I get fearful and nervous, almost like a little child, when it comes to interacting with people whom I believe might get mad at me, or even just slightly annoyed with me. I notice a lot of activation in my system in anticipation of and during these interactions, and I notice the sense of feeling like a victim and feeling rejected, judged, and attacked. If someone DOES get annoyed/mad at me, I feel even worse. What is going on, and how do I resolve this so I can feel like a stable adult?

(48:03)

Question: I've made great progress in the last years with SBSM, but every month or so I go into a regressive pattern of feeling exhausted, anxious, and barely able to get through my day functioning at all. My boyfriend is super supportive, but in those times I find it so hard to receive any kindness or support, thinking I don't deserve it, and I become super hard on myself. What is the link with EDT and this regressive pattern? It's so hard to have access to higher thinking and receive kindness from others.

(58:22)

Question: In today's training call, did Irene say that vagal toning exercises are not recommended? I have heard many nervous system experts online say to do vagal toning exercises to increase vagal tone, and thereby reduce anxiety and improve resilience. I was a bit

confused in today's call, since it sounded like Irene said she does not recommend vagal toning exercises. Can you clarify?

(1:03:54)

Question: Hello. I am worried about how much I've put myself through over the years with autoimmune disorders, stress and nervous breakdowns. I am now in my late 50's, and I am in poor health. I'm scared to release all I feel that needs releasing as I feel my body/mind won't be able to cope, and I'll end up in an emergency situation or dying. Any reassurances, please. I'm sure many of us may feel this fear and resistance to let go. Thank you.

(1:13:50)

Question: Hi! This is my second round. Question: When I am in "shame position", and try to pendulate to the more potent posture/position, I don't feel like doing it. I am OK in the shame position, it is familiar, and I don't feel much. Then, I do move to the more potent position, and it doesn't feel that good, I cognitively know that I am faking it. Any suggestions on how to work with it? I have EDT. Thank you.

(1:18:25)

Question: I'm a returning SBSM alumni. The program has helped my CPTSD and long history of depression, and I feel I've "levelled up." But I often feel drawn to anger, even though my life is mostly stable. Am I being a drama queen to myself? Anger gives me energy and aliveness I struggle to access otherwise, but I would love to find a different pathway to that same vitality. Any suggestions?

(1:22:34)

Question: I'm an alumni stuck on anaesthesia trauma from major operations, aged 2. Each time I do touch work with my SE, I go straight to The Abyss (dark place I reach). It's so compelling, I WANT to stay. Though my SE is skilled at titration and bringing me back, she hasn't done Eye of the Needle, and can't find someone who has. I'm not good at online work.

With these limitations, do you have any suggestions to help me work through this, rather than simply coming back from the same place each time? Many thanks.