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## Curated Q&A Call #9 Special Topic: Shock Trauma With Seth

(01:11)

**Question:** Hello. I had a C-section that went very well, but during the surgery I felt an overwhelming fear of death. Even though the doctors around me were calm, it felt to me like something bad was going to happen, and I would die. Any advice on how to process the trauma from back then? Does an elective C-section have negative effects on the baby because labor has not yet started naturally? I didn't want to give birth naturally, and I had a scheduled C-section, which was very good for me. But I wonder how it was for the baby?

(11:25)

**Question:** Hello. Five years ago the doctors gave me a diagnosis, telling me that I would only have a few more years to live. At that time I was 30 and didn't know everything I know now, so I believed them. In the meantime I have understood how things really are, but even so, on a somatic level there is still a lot of fear and terror. Any advice?

(19:24)

**Question:** Hi. I've experienced several harmful incidents in my life: two car accidents, a near drowning and a mugging. I know they've affected my nervous system, but they don't feel like shock trauma. My EDT has had a much deeper impact. I worry that because of the EDT, I might not fully register the impact of these incidents. Should I work on them directly, or trust my body to bring them up, if needed?

(25:19)

**Question:** I have shock trauma - from childhood: my jaw got hit by a metal swing when the girl on it asked me for her fallen shoes. Ashamed, I rushed home by myself, bleeding. My mom was disgusted, my jawbone was showing. The doctor praised me for not crying when getting sutures. Looking at my dressing I was thinking, I'll be ugly for life. The girl never apologised to me. My chin is tilted to one side, I can't feel it but I see it in photos. Sometimes when I sleep, my left jaw is glued to my shoulder. Any advice?

(34:10)

**Question:** I am a first time alumni, swinging between sympathetic charge and freeze, due to multiple shock traumas and baseline EDT. I am having a hard time with all my sympathetic energy that was hidden under functional freeze. Can you give me some advice on how to cope with feeling a stronger heartbeat? I have become more sensitive, and feel it now, when only touching myself during the exercises. I wonder if that means that I am getting overwhelmed, and I should slow down the process, and resource more?

(38:46)

**Question:** Hi Seth. So , I'm still struggling with lab six. I just stopped my progress here. Last night I attacked my mom physically. My uncle had to drive to a hospital 2 hours away. I live with my mom. And a lot of my unprocessed rage is towards her. I want to move back to Ottawa as soon as possible...looking into housing. Any suggestions?

### Questions not directly about shock trauma

(40:53)

**Question:** This is my second round, and I started to work with healthy aggression (until lab six). My face has become "disgust face," whatever (or most of it) I feel or sense now, my face becomes "disgust face." Any suggestions how I could get out of "disgust face," how do I titrate? Do I work with the face, with the whole body, a shame position? I feel stuck in disgust on my face. For example, when I meet a person at work that I don't like, I make a "disgust face." Thank you.

(46:41)

**Question:** Hello, newbie here. As we approach the end, I'm struggling to make connections between intellectual and emotional states, feel I'm missing a bridge, and don't know how to begin to feel, to use information gained, feeling I'm missing out, and will not find a way IN to

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work with trauma. Trauma feels unreachable, and there's fear that I'll never be able to heal. Any advice, please. Thank you.

**Questions answered from the chat at the end**

(53:50)

**Question:** When my son was born with forceps after my 7 hours labor, was that a trauma for him? After birth he could cry for 3-4 hours, and was very sensitive... Also has a lot of fear, reluctant to any change... He gave me a lot of trouble.

(54:51)

**Question:** Are all the neurosensory exercises indexed in a single place or page somewhere, or do you have to go find them individually in each lesson that contains them?

(56:11)

**Question:** I'd like to read more about how to work with the T model; is there a book about this, or links to resources on the website?

(57:03)

**Question:** Is it shock trauma when a toddler wakes up and nobody is home? It happened many times when I was between 18 months and 3 yrs old, and I see it as EDT. Is it both? Is it important to make the difference? I've been in survival my whole life, feel like a broken record from this period on - and starting to come out of functional freeze, I'm like, if not survival, what is there?

(01:01:27)

**Question:** I am curious about body work, and what the difference between rolfing and osteopathic work is?

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(01:03:10)

**Question:** I have a lot of survival stress trapped in my system. 20 years ago I was a passenger in a serious motor accident where others walked away. My back was broken, leaving me bedridden for years until I could find a (German) surgeon competent to operate and repair my spine. My health declined badly, doctors are amazed I am alive. The Indian medics would not/could not attempt the complex surgery, which was also a huge shock to my body but saved me. After 18 years I have not recovered. Mentally & physically, normal travel terrifies me. I am instantly flooded with intense terror and fear of dying & back pain if the car speeds up at all. I cannot think clearly & even lose the ability to speak. My whole body is flooded with enough terror to send me into a heart attack. Every sudden movement over the bad roads we have here with a lot of back pain, even though I have been physically cleared to travel. I know this is a severe phobia related to the shock trauma of the accident. I am near housebound, I can only travel at very low speeds with a specially trained driver. I feel trapped. I always wanted to travel and take vacations; I can't. I feel confined to a very small world.

(01:04:56)

**Question:** Have you any recommendations for working with trauma from electrical shock? I got stuck on an electric cable (European voltage) when I was 11. Survived by pure luck. The lights blinking in the room alerted the adults to the situation. Also, later in my 20s and 30s, I was hit quite a bit by an electric cattle fence (16000 volts). I can manage being around cattle fences but seeing any kind of suspicious or dodgy wiring, or seeing people playing with electroshock (even on the telly), freaks me out, and I have to leave.