
Curated Q&A Call #8 with Seth & Jen. Special Topic:

Early/Developmental Trauma

(01:47)

QUESTION: Can birth trauma leave an imprint of a shock trauma in the system? My mum nearly died during birth because of breech position, and imprinted this trauma as EDT on my system. I have gained much progress with SBSM, but recently I have realised that my system responds with shock to unexpected events in a very overreactive way. Can this be caused by a memory of my mum's body, which was shocked when trying to go out of the birth canal? How to uncouple this reactivity?

(12:43)

QUESTION #1: During my mother's pregnancy, she developed a trichomonas infection. I was born full term, covered in green fluid, and weighing 2.3 kg. Doctors placed me in the premature baby unit for a week without my mother. I struggled to gain weight and cried constantly during my first year. Even when held, I could not be comforted. What long-term effects could this early experience have in adulthood, and how can such trauma be healed? I am 34 years old.

QUESTION#2: When I was 2, I was left unsupervised for a few minutes, and drank alcohol until I became intoxicated. After they realized what happened, I was taken to a doctor, who advised giving me coffee and keeping me awake to prevent an alcohol-induced coma. I stayed awake, but I wonder how this incident may have affected me then, and whether it could have had any impact on my adult life.

(22:15)

QUESTION: I have EDT, and have realized that a part of me feels unsure if I really exist. It sounds crazy, and of course other parts of me know I exist, but there is sometimes a fear about

annihilation and a confusion about "why don't you see me?" that comes from neglect, I think. How can I reinforce the sense of being a real person?

(32:57)

QUESTION: Hello, first time doing SBSM, but I've done some somatic experiencing with a practitioner prior. Feeling better and better :) Now I'm planning on having a baby, would you recommend doing this work while being pregnant, or is it better to take a break? Are there special Somatic or Neurosensory Exercises to prepare for a birth? Thank you.

(38:58)

QUESTION: Hi, I am an alumni with EDT. I struggle with IBS, a flare could look like acute diarrhea with not much notice. I feel intense fear of getting a flare when not at home. I feel fear of leaving my home or being social since childhood, the IBS and fear, getting a flare outside of home, just add to the difficulty. Can you give some nuance to the situation and how to work with it?

(48:58)

QUESTION: I have EDT, and many of my "T's" have been emotional and relational. Often when I go to do a lesson, I will feel like I am betraying everyone in my life. I will experience very intense fear sensations even just thinking about doing a lesson. Fawn, shutdown, and dissociation are very present for me. Any tips on how to work with this? I know healthy aggression is important, but it still feels far away. I practice setting boundaries, but afterward, I will have a period of intense fatigue or shutdown.

(58:00)

QUESTION: I am an alumni, and have EDT. I have had a couple of situations where people were very direct and unkind to me. In those situations my heart is pounding in my chest, I almost immediately start to cry, and I want to flee the scene. I always thought it had to do with cultural differences - I come from a region and family where people do not speak up their

mind. But I begin to wonder if it is just a form of dysregulation from my side. How can I feel more comfortable when this happens?

(01:04:52)

QUESTION: For someone with early developmental trauma and later relational trauma involving chronic DARVO, leading to nervous system dysregulation and difficulty maintaining internal safety, which SBSM neurosensory exercises are most effective for restoring orientation and self-trust?

(01:12:36)

QUESTION: Could you discuss identity change from repeated early shock trauma? I had some EDT, but remember being expressive and defiant until a change of family dynamic when I was 6 led to repeated shock trauma in the household over years. I remember how I then became a terrified, servile kid full of self-hatred and shame. Witnessing myself being profoundly altered has a haunting quality. Have not had close friendships since, and have fawned to avoid retaliation of a similar impact.

(01:19:02)

QUESTION: Alumni. I had to witness my sibling being physically punished, as a way to learn what not to do in childhood. My sibling kept getting into trouble, and I learned after 2 incidents myself to stop living. Dad's mood is very unpredictable. One of my biggest triggers are loud noises that are involuntary, e.g. a basketball that is bounced, or very loud music from neighbours, can this be related? And how can I approach this with my low capacity when the music starts to play? Neuroception came up from Soma.

(01:25:54)

QUESTION: How far do primary reflexes that are not integrated as an infant count as "balls in the pool" that need to be integrated? I had trauma and stress from conception, and it seems like there are issues. Would it be important to integrate those, or could it happen just following the SBSM schedule? Is it important to work on those first, or might it be better to work from

the outside in (like first developing healthy aggression or emotional expression) before going to this level of reflex integration?

(01:31:12)

QUESTION: I'm 36 weeks pregnant, and overwhelmed by everything I need to prepare for: labour, breastfeeding, newborn care, recovery, while also managing pregnancy symptoms, and hypermobile joints affecting walking and hand use. I want to do what's best for my baby and myself, but it feels like too much. How can I prioritise what matters most, avoid burnout, and manage late pregnancy and early postpartum realistically?

(01:37:45)

QUESTION #1: I get panic symptoms without context. Heart races, disorientation, sickness, joints feel hot, numb, weak, trembly, as if I'm tranquilized. I'd get this if I pushed my limits, now it happens much more frequently —while driving or in an elevator. I get those after exercising even a little bit too. My body feels so weak and I have zero motivation. Last months were stressful. Is this the aftermath of overexertion and overstimulation, or childhood memories resurfacing?

QUESTION #2: I am 32 years old, with EDT and CFS. I was a very anxious child. Everything small was way too much for me emotionally. Recently life happens at an accelerated pace (i.e. no contact with my mom, leakage, mold and cockroaches at home) which triggers panic. My capacity to follow along is nonexistent. I am all alone —no reliable or consistent support. I cry to grieve a mom I never had, and to release the triggered panic daily. But I can't go on. I can't be an adult. It's brutal. Please help.

(01:48:19)

QUESTION: Hi Seth, I am an SBSM regular with EDT and fibro. I have mostly mastered not getting emotionally caught up in body sensations/pain, but the pain from release (similar to muscle pain from a gym session) wakes me at 3:00 AM. It's not strong enough to take a pain killer; gentle movements help, but I am still missing sleep, which then activates my nervous

system. I feel I have let the 'Genie' out of the bottle, and it's taking me for a ride. What is happening? How can I slow down or gain some agency?