Healing Trauma

Q: Talk about the title of your presentation, Healing Trauma

A: Healing trauma is really about dealing with a brain disorder related to traumatic experiences or horrific experiences that one experiences during a lifetime.

Q: You classify three types of traumas, what are they?

A: Well there is acute trauma, which is trauma experienced at the moment and can be handled if you get debriefed during the first three days. Then there is Post Traumatic Stress Disorder which is a trauma that is revisited again and again because treatment hasn’t taken place during that first window. There is also something we call “cumulative” trauma, which is a series of events over a childhood which begins to mass into a greater symptom over time.

Q: Is the process of healing different for each type of trauma?

A: There really is a focus of two types of healing. One, that we really believe, in our treatment center is hypnosis—changing the way the brain deals with information. Trauma is usually a time disorder; that is, the brain does not register that a horrific event is over and the threat is gone, but is continually repeating the memory as if it is continually happening. We treat that with hypnosis and teaching people to stay in the present through meditation and a bunch of other protocols. We also teach people how to take care of themselves. I wrote a book called, Healing Trauma and Self-Parenting, and that is really about how to deal with triggers yourself, so you don’t have to constantly be engaged with memories judged disruptive and painful.

Q: What is logo therapy?

A: Logo therapy is a treatment developed by Dr. Victor Frankl who was a survivor of the concentration camps. I can’t imagine that anyone would be more traumatized than people who went through the camps. What he talked about was giving suffering meaning, which is a big key to trauma. All of us suffer in some way—no one gets out of this alive. We all die and we all have people we love die, so we have to learn to deal with suffering, not make suffering go away; that’s not realistic. What Dr. Frankl’s logo therapy does is give suffering meaning, so we are able to deal with the pain in our lives and find the strength that comes from dealing with the things that have happened to us.
Q: Can you explain the signs of being able to identify codependency?

A: First of all, codependency is a hard thing to describe. It means that you are dependent on someone who is dependent on you, so you are all mutually dependent. We really talk about codependency when dealing with traumatic families. Most people in traumatic families, or upset families, do well. Only one of 4 children with home stress becomes an addict; but, they do so well that sometimes they forget to take care of themselves because they are so busy taking care of others. What codependency does is look at maybe you are too involved helping others to take care of yourself. We see that as a strength; we don’t blame competent people for being competent. At Lifescape Solutions, our treatment center, we build on the strength of those childhoods and say, “You are very competent. Just stop spending all your time on others and go have some fun for yourself”.

Q: Final thoughts on Healing Trauma

A: Codependency, addiction, trauma—are all things you can recover from and rather easily if the decision is made to get better. At Lifescape Solutions, our treatment center, we focus on helping you make that decision.