

# The Body's Scorecard w/ Urban Sweat

JUNIE WELSH, MA, NCC, LADAC II

## defining trauma

Trauma is the enduring response to an emotionally/physically/psychologically stressful event or series of events.



Trauma can be something that happened to you, something you witnessed, something that happened as part of your job, or something you learned about that happened to someone else.

## examples of trauma

Examples include assault, natural disasters, transportation accidents, emotional/physical abuse/neglect from caregivers, caregiver(s) that struggled w/ substance abuse or mental illness, repeated/continuous stress, etc.



## trauma related symptoms

Repeated memories of stressful events; repeated disturbing dreams of the event or nightmares in general; feeling like you are reliving a stressful event; strong emotional response to reminders of stressful event ;

physical responses to being reminded of stressful events i.e. racing heart, sweating, GI distress, difficulty breathing, other anxiety related symptoms; avoiding memories/thoughts related to stressful events; avoiding people/places/things that remind you of the stressful event(s); difficulty remembering parts of childhood or parts of the stressful experiences;



having negative beliefs about self/the world/other people b/c of what you experienced; blaming self for what happened; loss of interest in things you used to enjoy; feeling disconnected from others; difficulty experiencing positive feelings like joy, happiness, and contentment; engaging in high risk activities, feeling hyper-alert; difficulty concentrating; easily startled; difficulty w/ sleep; etc.

not everyone experiences all of these symptoms. Not everyone who has experienced trauma presents the same way. Trauma can look like ADHD, depression, anxiety, autoimmune diseases, IBS, chronic pain from a body that is chronically tense, etc.

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## ancillary services vs primary treatment

The treatment of trauma must be holistic, mind, body, and spirit, to be successful. Any combination that does not include all three will fall short. Nourishing the body? Important. Moving the body? Important. Relaxing the body? Important. And without trauma therapy, it will not be fully effective.



## the sauna

Helps w/ regulating of the nervous system which is in stress/on high alert for those with an untreated trauma history.

## cold plunge

Trauma is the experience of our mind and body being trapped in the past. Though we may not be in danger any longer, our body remains on high alert so that the past does not happen again. In the cold plunge, it is difficult to think deeply about anything. You are forced to be in the present and focus on your breath. It is the practice of being radically present and anxiety does not exist in the present.



## trauma therapy

This includes education on what trauma is, how it shows up, and how you are experiencing it today; development/practice of coping skills for dealing w/ the stressors while you are healing; coming up with a routine for care between sessions; and , modalities that include the release and reprocessing while connecting the mind and the body. This includes somatic work, experiential therapy, and treatments like EMDR and brain spotting.

## Patrick Carnes, PhD & The 8 Manifestations of Trauma

Patrick Carnes researched and studied those struggling w/ addiction, noticed that population had a lot of trauma, came up w/ an assessment to help w/ understanding and personalized treatment of patients and their trauma. These 8 manifestations include: trauma reactions, trauma repetition, trauma bonds, trauma shame, trauma pleasure, trauma blocking, trauma splitting, and trauma abstinence.



# 8 manifestations of trauma

**TRT**

## **trauma reactions**

A reaction to a present event based on a traumatic event from the past. This is when your reaction "does not match" the situation. Other examples can include: insomnia, distressing dreams, hypervigilance, being easily startled, irritable outbursts, mistrust of others, physiological reactions to memories of traumatic experiences, and intrusive thoughts/memories.

**TR**

## **trauma repetition**

Repeating/recreating traumatic experiences in current situations/relationships. This is done in an effort to reconcile and irreconcilable. Examples include engaging in abusive relationships, repeating what was done to you to others, reverting to things done as a child, repeating painful experiences, etc.

**TBD**

## **trauma bonds**

An attachment/loyalty to something/someone that is dangerous, exploitative, and shaming. This shows up as relationships w/ those that continue to hurt you, obsessing over those that have hurt you, staying in a destructive situation, trusting/being attracted to untrustworthy people, etc.

**TS**

## **trauma shame**

Intense feelings of self-hatred and/or lack of self-worth in response to traumatic experiences. This can show up as intense feelings of shame, depression, co-dependency, suicidal thoughts, self-harm, profound feelings of loneliness, self-destructive behaviors, perfectionism, struggling w/ positive feelings when something good happens, chronic feelings of being less than, not hopeful for your future, etc.

# 8 manifestations of trauma

**TP**

## **trauma pleasure**

Finding pleasure and seeking out experiences that include violence, risk, shame, and/or danger. This includes high risk sexual encounters, adrenaline rushes, needing a lot of stimulation, use of stimulating substances/uppers, gambling addiction, etc.

**TB**

## **trauma blocking**

Blocking or numbing out the flooding of feelings. This includes substance abuse, over sleeping, binge watching TV, difficulty w/ rest, workaholism, etc.

**TSG**

## **trauma splitting**

"Splitting" from reality to distance yourself from painful feelings. This can include "zoning out," being in "auto-pilot," splitting off or compartmentalizing parts of yourself/life, love addiction, dissociation, spending a lot of time fantasizing, difficulty concentrating, procrastination, clumsiness d/t being "checked out," etc.

**TA**

## **trauma abstinence**

The "aversion to having a need." The depriving of self. This can show up as restricting food, compulsively taking care of others instead of self, difficulty spending one's money on things they need, avoiding pleasure w/ sex, difficulty w/ relaxation or play, being under-employed, etc.

# References

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