

Client Background

33-year-old mother of two; living with partner (and father of youngest son) and elderly mother of her partner. Carer for the elderly mother.

Referred to Carole Young by client's GP for trauma counselling and chronic pain in her back from previous assaults.

Trauma History:

- Physical, emotional, and Sexual abuse by father from age 7 until left home at age 16
- Mother was a drug addict, neglected and abused daughter
- Witness to a violent family event at age 3 (murder/suicide)
- Abuse by partner (Drug addict) and father to first child at age 21
- Traumatic birth of second child, almost died
- Grandmother was only family member who she attuned to = showed love and encouragement
- Grandmother now dead, father still alive and living locally
- Suicide attempt age 32
- Anorexia and Bulimia long standing (inhibited subtype, felt unworthy, did not deserve to eat, not safe to express her needs hence 'I don't have needs')
- Finished HSC, strong academic performance
- Presented as physically contracted, hunched protective posture, fearful, quiet voice

Identified Phobias

- Cannot tolerate face coverings (ex-partner used to smother her face)
- Fearful of upcoming court case against first partner where she would be requesting AVO order
- Unable to eat regular meals -pattern of starving or binging
- Cannot drive in the rain
- Triggered (panic) when she has contact with her father
- Could not see red ute or a gun without panic associated with prior violent event

Intro Session

Explained how TRTP works, effect of trauma on the amygdala, explained the fear response, how Unconscious Core Beliefs (UCB's) set up in childhood dominate unconscious and drive patterns of behaviour. Established rapport and trust, provided homework sheet for trauma history.

From Homework Key UCB's identified:

It's my fault, I don't matter, I don't deserve to live, I am worthless, I don't deserve to have my needs met, I don't deserve love, I deserve to be treated like rubbish, I am not loveable.

Stage 1 Session 1

Recording made to address (and neutralise) UCB's and given to listen daily for at least 7 days – introduced her to her authentic/empowered self before she took on UCB's – Moderate outcome and progress at this stage. She reported that she was starting to identify with the protector self and not see herself as just a victim. I explained how the next stage of TRTP would require her to embody that 'empowered protector self' to deal with the perpetrators of the trauma under guided hypnosis.

Stage 2 - Sessions 2 and 3

Addressed key trauma events on homework via guided hypnosis using **protective anger**– check in after the session re emotional trigger for each event showed about 50% to 60% reduction post session. With TRTP we expect and aim for, and typically get 90 -100% immediate reduction in triggers.

TRTP Case Study Carole Young (0431 661 387) - Physiotherapist and Trauma Counsellor using TRTP

It became evident that, although she thought she could access strong protective anger, in the first attempt she was unable to really embody this. We spent some time exploring her fear of getting angry (she was punished for doing so as a child). I explained this was not anger 'as the victim' at the perpetrator, this was anger of the 'fierce protector' of the victim for what happened to her younger self. There is a profound difference in the feeling this generates. She understood.

On second attempt, she really grasped what was being asked of her and she felt safe and able to go into that protective anger state. After that session, the emotional triggers score for every event came down to 0. She felt immediately different and was able to smile and laugh for the first time.

A few days later she sent me an unexpected text stating that she had seen her father in a shopping centre and it had no effect on her; further she reported that she was eating 3 normal healthy meals a day and as a result her energy and moods had greatly improved. Her children were sleeping well, as was she. Her partner was being supportive. She was excited about continuing the therapy and moving further forward.

Stage 3 TRTP

She presented looking fresh and happy. She continued to report the situation at home was great. The family had really enjoyed their Christmas together and she was feeling very positive. They had taken a trip where they travelled behind a red ute and this had not bothered her. She reminded me that her court case was coming up and I suggested we see each other just prior to that to get her prepared. She then stated that she would not be asking for an AVO as she did not feel threatened anymore by her partner and she felt this was the most empowering message to send to him. No further mention of chronic pain.

DASS - scores all normal (0 2 3)

The session focused on future planning and she was able to clearly see an empowering career path for herself through pharmacy assistance and or naturopathy. She will start looking into enrolling at TAFE. She has a desire to help others get well. She is going to talk to her Doctor about reducing and weaning off her medication.

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