

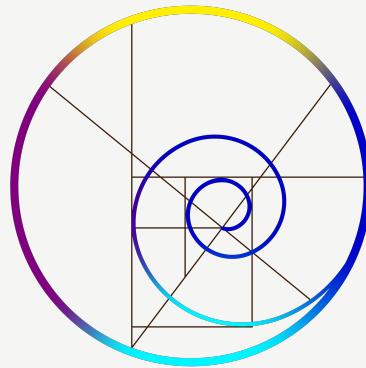
A surreal landscape with a giant, textured, golden-brown brain standing on a grassy field, resembling a tree. A small person in a hat and shorts stands to the left, looking up at the brain. The background is a vast, hazy landscape under a teal sky. A large, light gray circular graphic element is on the right side of the image.

Taking the **Stress Reduction** in D.R.E.S.S to the Next Level!

An Empowerment-Based,
Trauma-Informed
Approach to Help Your
Clients Build Resilience &
Rewire Their Nervous
Systems for Wellness

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Focal points:

- A brief synopsis of how I came into doing this work
- What do the terms **empowerment-based**, **trauma-informed**, **resilience**, & **neural rewiring** really mean? How well do you integrate them into your practice?
- Food for Thought
- A self-survey on nervous system health and resilience
- 12 things to know about trauma
- What you can do to help your clients heal from trauma, build resilience, and rewire their nervous systems for wellness
- Next steps

Cool Things You'll Learn:

- How chronic dis-ease unfolds and the overarching primary driver of nervous system dysfunction
- The ping-pong effect that develops between the primary cause and secondary issues
- Why people get stuck in vicious stress-illness cycles despite huge efforts to heal
- 2 types of chronic dis-ease
- Essential components of a comprehensive healing plan
- Secondary physiological triggers of dysfunction to address
- 5 things that the nervous system must recover from each day
- Why a trauma-informed approach is so critical these days
- A 5-step framework for resetting the nervous system to restore and optimize health and wellbeing
- And more!

Part I

How did I come into
doing this type of health
coaching work?



It's been one hell of a ride! In a nutshell...

For nearly 2 decades...



Chronically
fatigued

Horribly
inflamed

Depressed &
anxious



In a career that
drained me



Bounced from
one treatment
to the next

Living in
survival mode




I'm now...



Thriving in all aspects of my life!





A brief rundown of
remarkable aspects of
my story...

Prior to falling down the rabbit hole of chronic illness, I experienced:

significant turmoil as a result of family dysfunction
life-threatening acute illnesses and accidents
sexual molestation
heavy antibiotic use
toxic boyfriend relationships
lack of self-care
perfectionism
continual overdoing and overachieving
and the list goes on...



Once I did become chronically ill, the list of diagnoses ranged from:

“We have no clue what’s wrong with you!”

“There is nothing wrong with you, your labs look GREAT!”

CFS

Fibro

MCAS

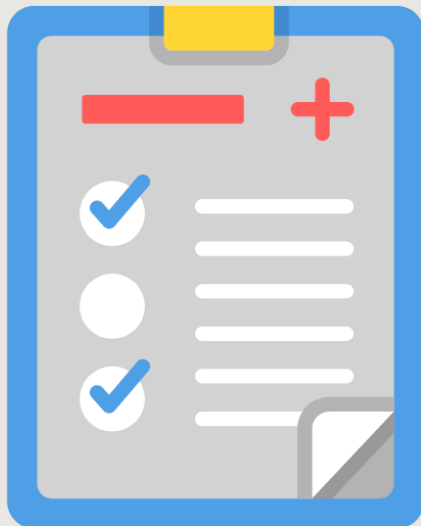
Chronic Lyme


CIRS

Interstitial Cystitis

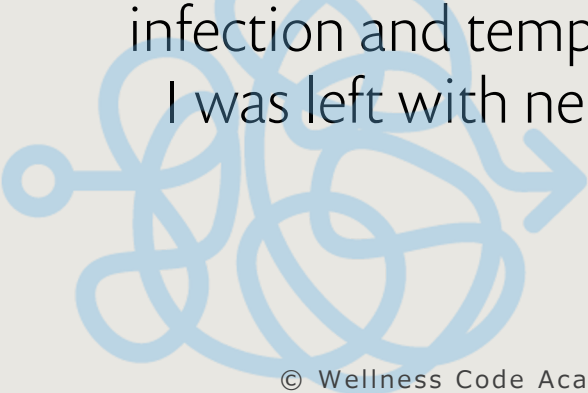
POTS

Psychosomatic Disorder
and the list goes on!





A massive (slow-growing) liver parasite went undiagnosed for nearly 14 years and culminated in radical liver resection surgery where 80% of my liver and my gallbladder had to be removed.



Many things went wrong after this surgery, including a massive infection and temporary liver failure. The recovery was BRUTAL, and I was left with nerve damage to my vagus nerve and small bowel.



Over the course of two decades, I did every “cutting-edge” treatment I could find and afford within conventional, integrative, and holistic arenas to the tune of hundreds of thousands of dollars – with little to no success.

Many times, the treatments made we worse.

Over the course of everything I just described, I endured many other traumatic experiences such as...

Medical PTSD

Invalidation and gaslighting

Workplace bullying and discrimination

Husband's battle with alcoholism / marital distress

Traumatic loss of loved-ones, including my first and only child

Hardcore financial stress

The loss of my career, friends, identity, etc.

A victim mindset

Serious clinical depression and suicidal ideation

And more!



During my journey, there was little to no attention given to the concepts I'm going to discuss in this presentation.

In 2013 I suffered a massive breakdown that forced me to walk away from my teaching career to save my own life.

At this point, my husband and I no longer had the financial wherewithal (or energy) to continue exploring expensive treatments.

I realized I had 2 choices:

#1: To give up (which I did many times!)

#2: To become my own best healer





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Part II

What do the Terms
Empowerment-Based,
Trauma-Informed,
Resilience, &
Neural Rewiring
Really Mean?

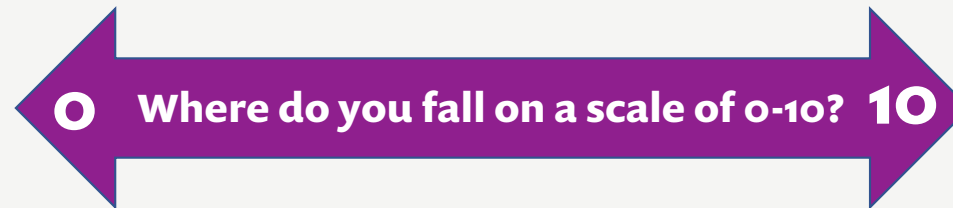
How do you define them?

Empowerment-Based

Empowerment-based means working with clients in way that informs, motivates, fosters agency, and inspires them to take 100% full responsibility for themselves, their lives, and become their own best healers.

How would you rate yourself in terms of how well you work with clients in this fashion?

The current way I work with clients is draining me.



I'm kicking butt!
My clients understand this concept.

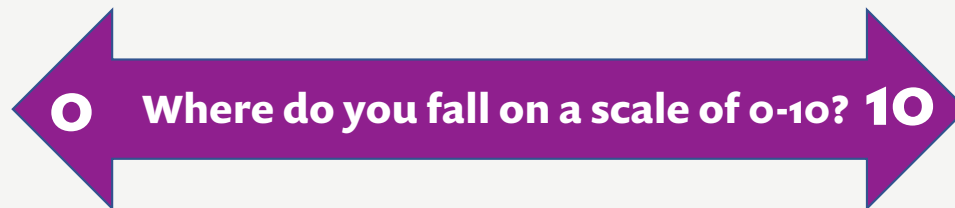


Trauma-Informed

Trauma-informed means having a solid, working understanding of the role trauma plays in creating chronic health and life issues – and having a large toolbox of knowledge, techniques, and strategies to pull from to best support your clients on this aspect of their healing journey – particularly nervous system self-regulation.

How would you rate yourself on this?

I'm clueless and not doing this kind of work at all.



I'm well-versed, well-equipped & doing a ton of this work!



Resilience

Resilience is our ability (in body, mind, and spirit) to optimally respond to and overcome stressors placed upon us.

Resilience and nervous system regulation, particularly autonomic nervous system regulation, go hand in hand.

Our level of resilience is directly proportional to our ability to show up in our lives as the best version of ourselves.

I'm running on empty!



0

Where do you fall on a scale of 0-10?

10

I'm doing awesome!



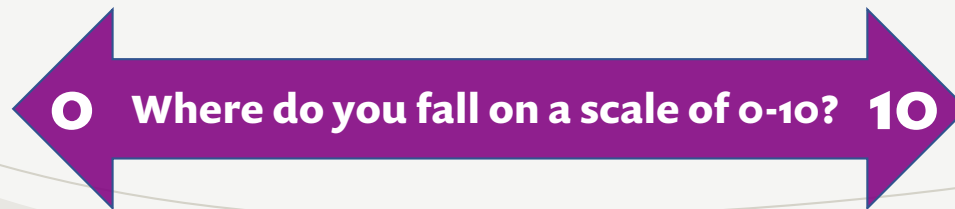
© Wellness Tools Academy, 2021
To ponder... What factors cause your resilience to drop?

Neural Rewiring

Neural rewiring is the process of rewriting the script that our nervous system follows, especially during times of stress.

This means pruning back neural pathways that don't serve us and replacing them with ones that support our wellness and personal success. This is essential because our neurology becomes our biology and vice versa.

This is not something I'm versed in and so I'm implementing it



I'm well-versed in this and implementing readily in my work with clients



Part III

Food for Thought



Societal
Tension

Hostile Political
Climate

Economic
Hardship

Food for Thought #1

Lack of
Downtime

Worldwide stress levels are at an all-time high and climbing due to factors such as...

Technology
Overload

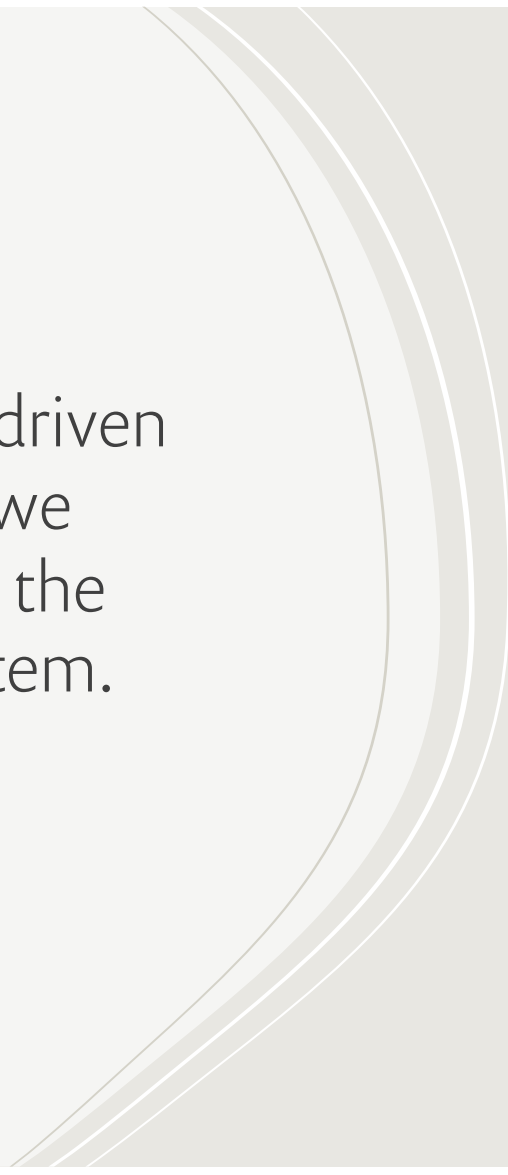
Unhealthy
Lifestyles

Lack of
Connection

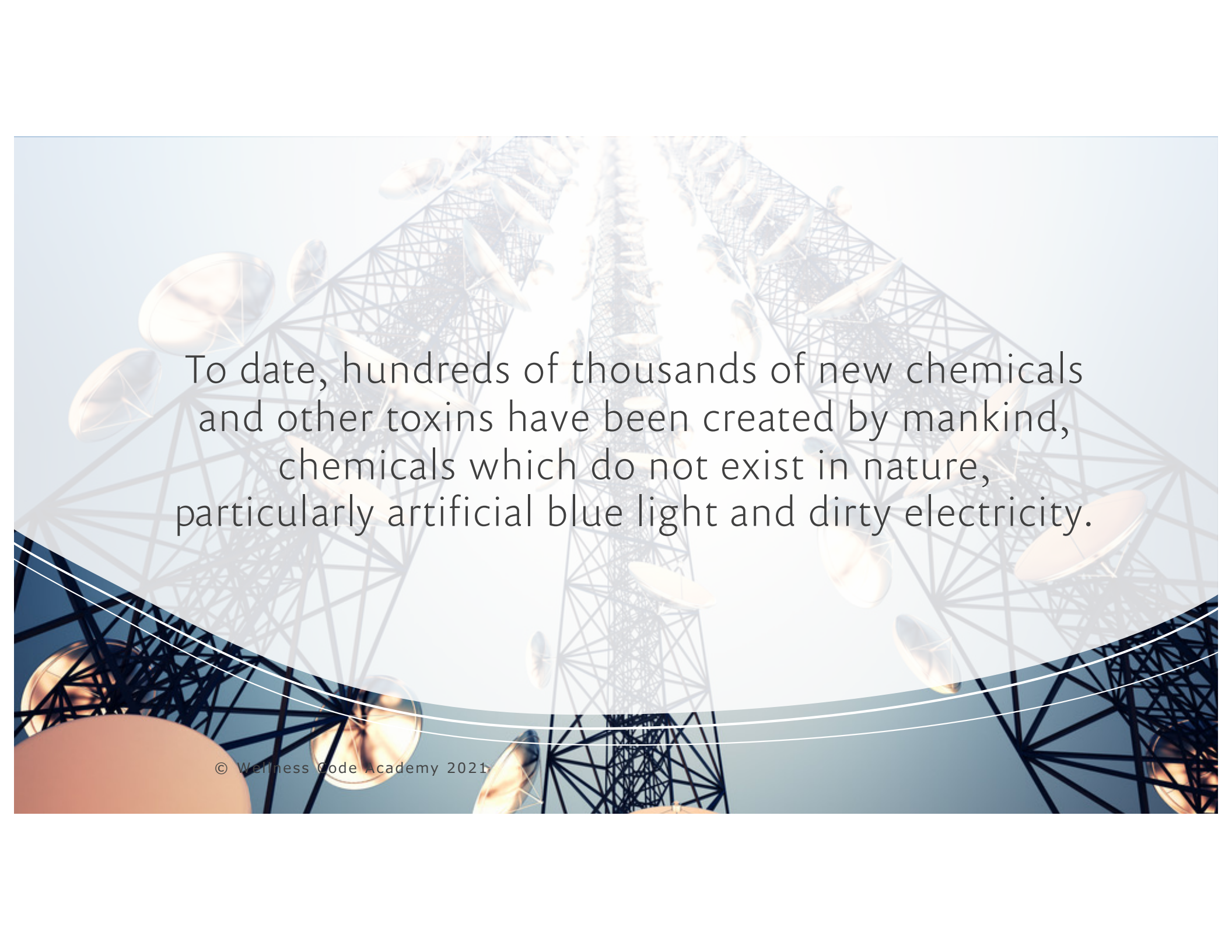
High Toxic
Burden



The global toxic burden is
increasing exponentially.



The more industrialized and technology-driven
the world becomes, the more toxins we
accumulate in our bodies, especially in the
brain, the epicenter of the nervous system.

The background of the slide features a low-angle shot of several tall, lattice-structured communication towers reaching towards a clear blue sky. Numerous satellite dishes are mounted on the towers and are scattered throughout the frame, some in the foreground and others further up the towers. The overall tone is bright and somewhat ethereal, with a soft white glow emanating from the center of the image.

To date, hundreds of thousands of new chemicals and other toxins have been created by mankind, chemicals which do not exist in nature, particularly artificial blue light and dirty electricity.

A man with dark hair and a beard is lying in bed, propped up on a white pillow. He is holding a black smartphone in his right hand and looking at the screen. The room is dimly lit with a strong blue light emanating from the phone, which casts a glow on his face and the surrounding environment. The background is a dark, textured wall.

Artificial blue light, dirty electricity, and constant stimulation coming from all the technology that we've all come to love and depend on is particularly toxic to our nervous systems.

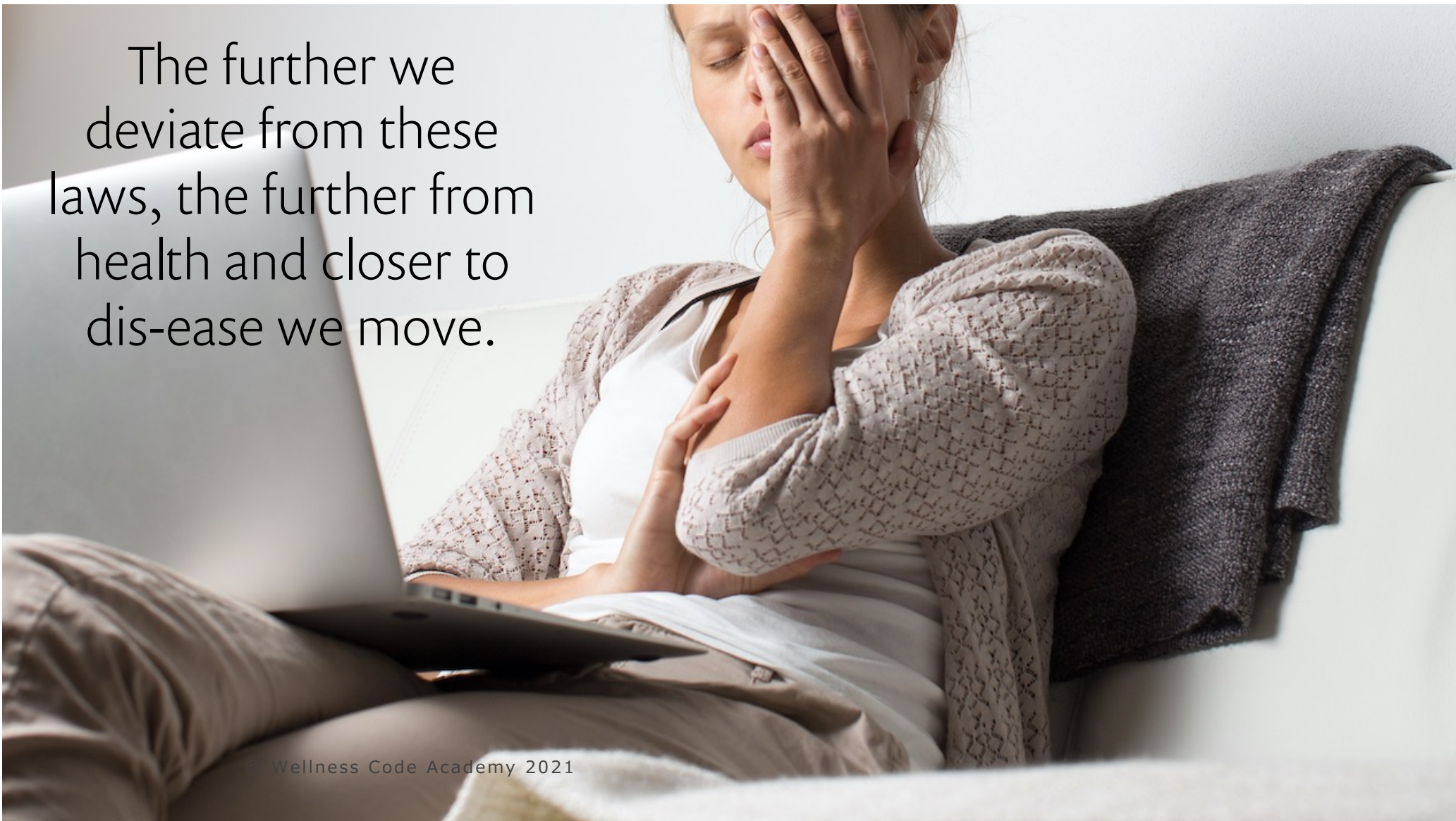
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We are natural beings governed by the laws
of the natural universe.



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The further we
deviate from these
laws, the further from
health and closer to
dis-ease we move.





In sum, peoples' nervous systems are being pushed beyond their capacities.

Food for Thought #2

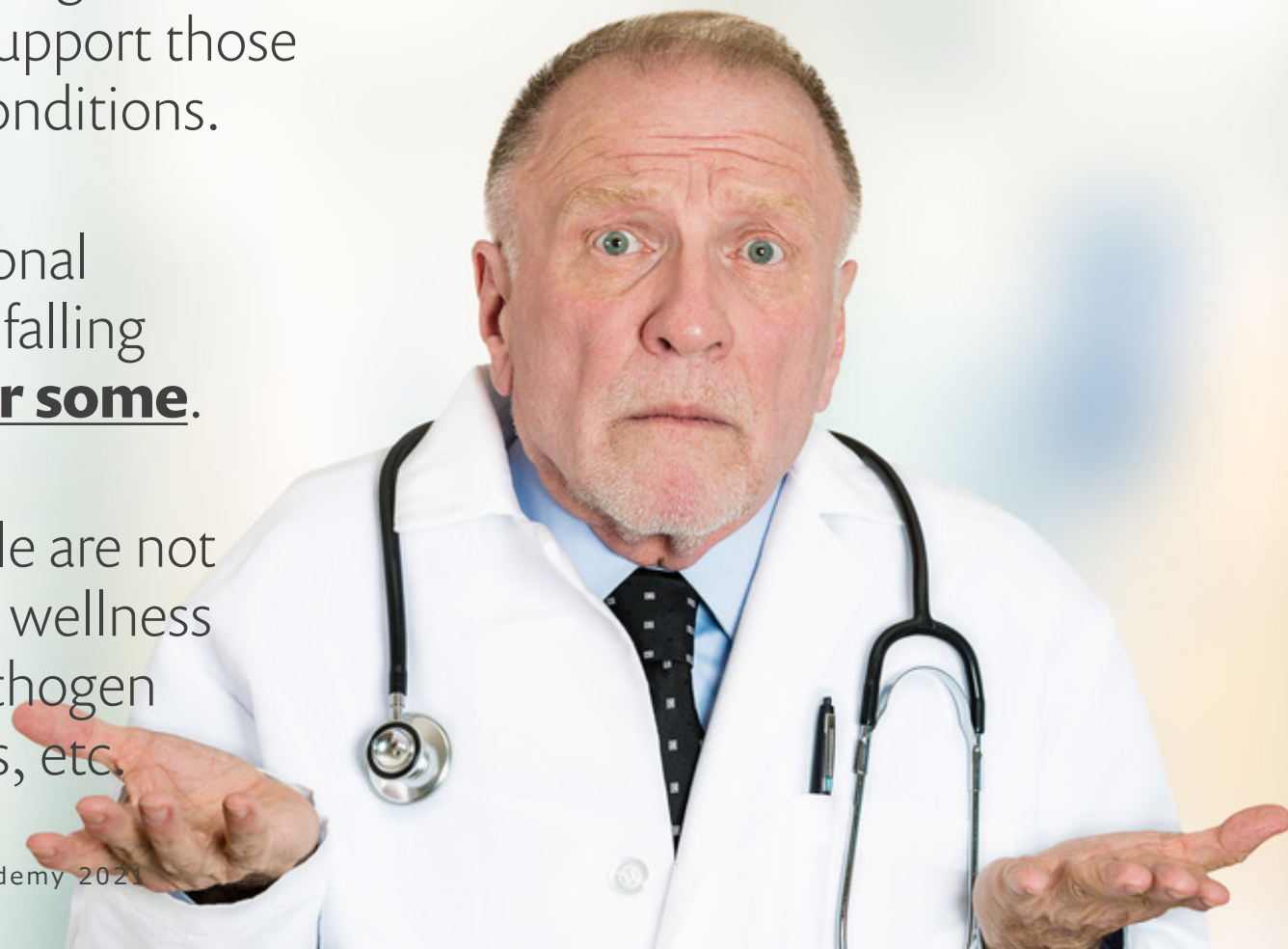
Chronic physical and mental health challenges are on the rise and becoming increasingly complex and minimally or non-responsive to many interventional strategies.

The current medical paradigm is not designed to adequately support those with chronic health conditions.

Traditional functional approaches are also falling short in many ways **for some**.

More and more people are not achieving sustainable wellness with labs, diets, pathogen protocols, detoxes, etc.

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Food for Thought #3

Chronic dis-ease is most often the result of a multitude of factors that converge into the “Perfect Storm” making a person a weak host.

How Chronic Dis-ease Unfolds

Nervous System Dysfunction and Organ Dysfunction Become Bi-Directional



Nervous System Dysfunction Begins!

- Chronic Fatigue Syndrome
- Mental Illness
- Digestive Conditions
- Chronic Pain Conditions
- Multiple Chemical Sensitivity
- Brain Impairment
- Skin Conditions

**SYMPTOMS
ILLNESS
DISEASE**

- Fibromyalgia
- Mast Cell Disorders
- Autoimmunity
- Mold Related Illnesses
- Chronic Lyme Disease
- Neurodegenerative Disease
- Cancer

- Impaired Digestion
- Leaky Gut
- Lowered Immunity
- Gut Infections

**LOW CELLULAR ENERGY
INFLAMMATION
ORGAN DYSFUNCTION**

- Hormone Imbalances
- Intracellular Infections
- Impaired Detox Pathways
- Toxic Overload

Toxic Mold Exposure

**Bites from Insects Carrying
Vector Borne Illnesses**

MTHFR

Genes for Poor Health Are "Turned On"
Genes for Good Health Are "Turned Off"

HLA-DR

- Poor Diet
- Unhealthy Lifestyle Habits
- Toxins in the Food Supply
- Other Environmental Toxins
- Improperly Resolved Acute Illnesses
- Serious Physical Trauma
- Overuse of RX Drugs
- Poor Sleep Quality
- Over or Under Exercising
- Lack of Downtime; Pushing Beyond Limits
- Unhealthy Relationship With Tech & Social Media

DISTRESS

- Information Overload; Overwhelm
- Lack of Joy
- Unfulfilling Careers
- Over Working
- Toxic Relationships
- Unresolved Psychological Trauma
- Ongoing Psychological Stress
- Global Stress & Trauma
- Destructive Thinking Patterns
- Lack of Passion & Purpose
- Burnout Syndrome

Food for Thought #4

There are 2 types of chronic dis-ease



Type 1: Non-Complex

Largely driven by lifestyle and lack of self-care.

Responds well to lifestyle and biochemical-based interventions such as lab testing, pathogen eradication protocols, detoxes, etc.

Once they commit, the person has the wherewithal to implement and stick with necessary lifestyle shifts.

The healing path has some ups and downs but it's relatively straight forward and the person does recover and get on with life.

Type 2: Complex

Improvements from biochemical-based interventions such as lab testing, pathogen eradication protocols, detoxes, etc. **are short-lived or the person cannot tolerate them.**

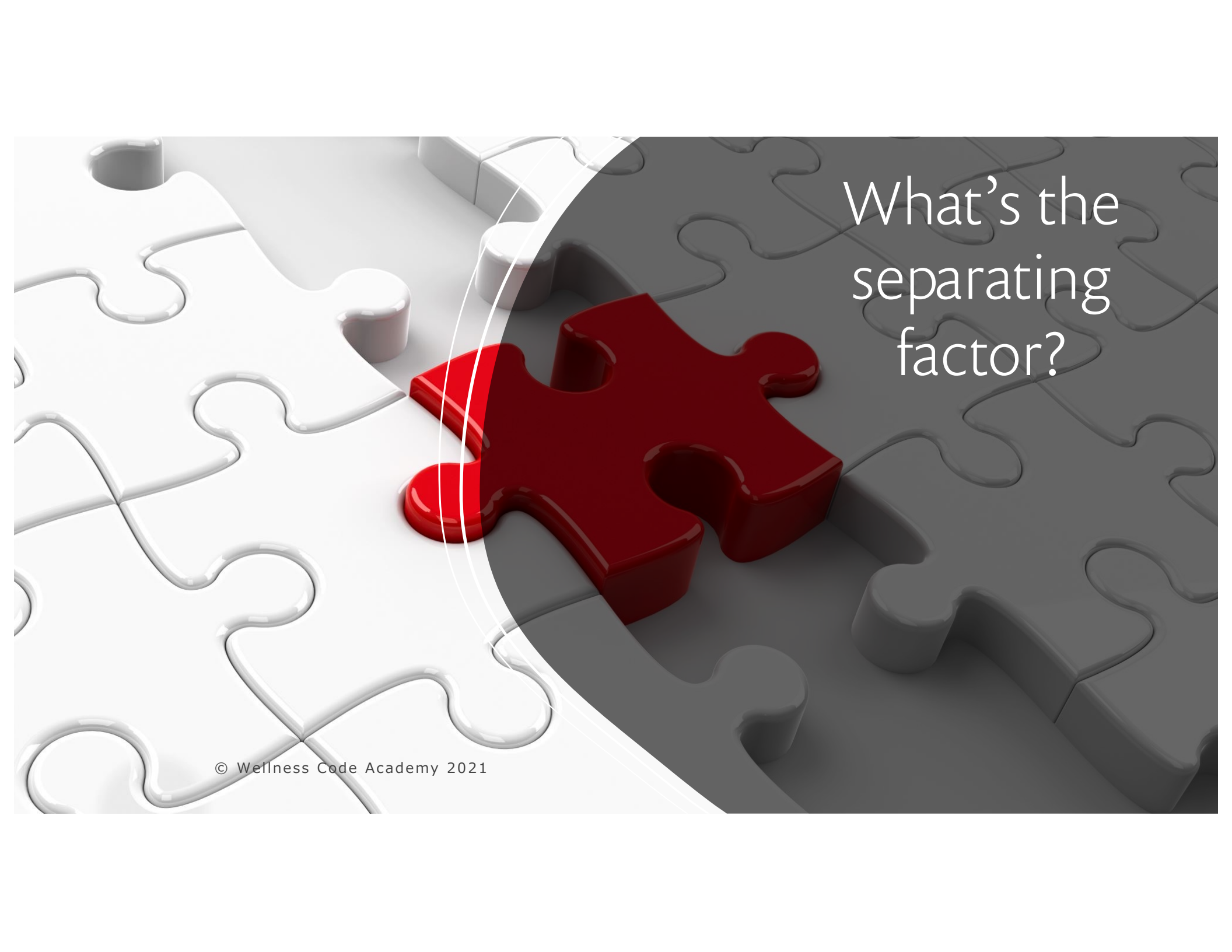
The person **lacks the wherewithal to implement and stick with necessary lifestyle shifts, they take it to perfectionist extremes, or toggle back and forth.**

Despite a substantial investment of time, energy and finances in various interventions, the person remains stuck. This often goes on for years or even a lifetime.

This type of client is becoming more and more common!

There is often a sense of powerlessness.

Depression and anxiety run rampant.

A 3D rendering of a puzzle. The majority of the puzzle pieces are a dark grey color and are laid out on a flat surface. One piece, located in the center-left area, is a vibrant red color and is standing upright on its edge, while the other pieces are flat. A thin, white, curved line arcs over the red piece, separating it from the rest of the puzzle. The lighting creates soft shadows, giving the pieces a three-dimensional appearance.

What's the
separating
factor?

An abstract watercolor painting featuring a central figure in a crouched or seated position, rendered in shades of blue and grey. The figure is surrounded by swirling, textured washes of color, including deep blues, greys, and hints of yellow. The overall composition is expressive and evocative, with visible brushstrokes and watercolor bleeding. The text "Unresolved Trauma Patterns!" is overlaid in white, bold, sans-serif font across the center of the image.

Unresolved Trauma Patterns!

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Unresolved trauma patterns get buried deep within our psyches (outside of our conscious awareness) and alter our...

Physiology

Psychology

Ability to respond
well to healing
interventions

All aspects of
our lives

More on the role of trauma shortly!

Food for Thought #5

Unresolved trauma and nervous system dysregulation are more a norm than an exception these days.

Many, perhaps most people lack the knowledge and tools to best support nervous system self-regulation and move beyond the footprints of trauma.

I also believe working with clients in this capacity (effectively) is a greatly lacking in many health restoration programs.



Food for Thought #6

More and more people are recognizing the role of trauma and seeking a highly trauma-informed functional approach for resolving chronic health issues -- and the related life stress.

Check all that apply to you: *

- ☐ Fibromyalgia
- ☐ Chronic Fatigue
- ☐ Brain issues
- ☐ Mast Cell Activation Syndrome
- ☐ Mold exposures
- ☐ Diagnosed with CIRS
- ☐ Autoimmunity
- ☐ Small Intestinal Bacterial Overgrowth
- ☐ Celiac Disease
- ☐ Inflammatory Bowel Disease
- ☐ Other digestive issues
- ☐ History of known tick bites
- ☐ Diagnosed with chronic Lyme

This is a question on the intake form for my initial client consult.

Most call this a discovery session.

While all clients have different answers, nearly 100% of clients marks the following...

- ☐ Past stressful/traumatic life experiences that I am unable to move beyond
- ☐ Anxiety/Depression
- ☐ My health worsened/went down hill around the time of majorly stressful life events
- ☐ Ongoing mental/emotional/spiritual stress that I feel is a factor in my health challenges
- ☐ Trying many different approaches with little to no success

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Please indicate what specifically you feel you need help with as it relates to health and/or life challenges. Check all that apply. *

☐ Identifying and Addressing Root Causes

☐ Healing My Gut

☐ Detoxing

☐ Overcoming Anxiety/Depression

☐ Healing Past Traumas

☐ Making Necessary Lifestyle Shifts

☐ Overcoming Mental and Emotional Blocks

☐ Mindset

☐ Habit Change

☐ Getting Organized With My Healing & Life Goals

☐ Figuring Out What Dietary Approach is Best For Me

☐ Learning Tools For Calming An Overactive Stress Response

On the same form, nearly 100% of clients also mark the following...



SUCCESS

Since implementing an empowerment-based, trauma-informed approach, my business has skyrocketed into a new realm.

I currently have a waitlist of at least 6 months to work with me with new people joining it weekly, sometimes daily.



Part IV

Brief Self-Survey

What is the Status of Your
Nervous System?

How Resilient Are You?

For each statement, jot your answers
down on a sheet of paper.

0 = never | 1 = seldom | 2 = sometimes | 3 = often | 4 = almost always

1. I feel fatigued and lack stamina
2. I feel tension in my body
3. I have difficulty relaxing
4. I resist practices that emphasize observing and stilling the mind, particularly meditation
5. I have heightened sensitivity to sound, light, chemicals, foods, and/or other stimuli
6. I feel on edge, fearful and/or a sense of impending doom
7. I feel overwhelmed by life's demands
8. I feel tired but wired, especially at night
9. I don't sleep well and often wake up feeling unrefreshed
10. I struggle with brain fog and lack of focus

0 = never | 1 = seldom | 2 = sometimes | 3 = often | 4 = almost always

11. I tend to react or jump to conclusions versus respond mindfully to situations
12. I feel lightheaded when going from a sitting to a standing position
13. I feel hungry soon after eating a substantial enough meal
14. I'm prone to negative thought spirals and tend to worry and/or ruminate
15. I lack patience and am easily frustrated
16. I'm sensitive to light, sounds, smells, foods, and/or other environmental inputs
17. I'm emotionally fragile and easily triggered by others and/or circumstances
18. I experience a racing heart with no known underlying cardiac issue
19. I fret about the future and/or ruminate about the past
20. I crash easily after physical or mental exertion

0 = never | 1 = seldom | 2 = sometimes | 3 = often | 4 = almost always

- 21. I don't feel a strong sense of safety, consistency, and be grounded in my life
- 22. I experience feelings of panic/surges or painful emotions that I can't control
- 23. I experience blood sugar highs and/or lows despite a healthy, balanced diet
- 24. I find myself breathing quickly and shallowly into my chest
- 25. I find it hard to make decisions
- 26. I feel as if I'm in survival mode, like a hamster on a hamster wheel
- 27. I feel I lack the resources and/or wherewithal to change my circumstances
- 28. I experience anxiety and/or depression
- 29. I feel generally unwell and/or a lack of resilience physically and/or psychologically
- 30. I put forth solid healing efforts with little to no gains

Now, total up your points! Where do you fall?



0



120



Calm, cool, &
collected
(high level of resiliency)

**Where do you feel most
of your clients fall?**

Stressed to
the max!
(low resilience)

Part V

12 Things to Know About Trauma

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As a reminder, unresolved trauma patterns get buried deep within our psyches (outside of our conscious awareness) and alter our...

Physiology

Psychology

Ability to respond
well to healing
interventions

All aspects of
our lives

#1: One does not need to be a war veteran or a victim of a disaster such as the World Trade Center attack of 2001 to succumb to the aftermath of trauma.

Trauma comes in all forms. It can be physical, biochemical, psychological, big, little, acute, ongoing, overt, covert, generational, global, etc.

Overt Trauma

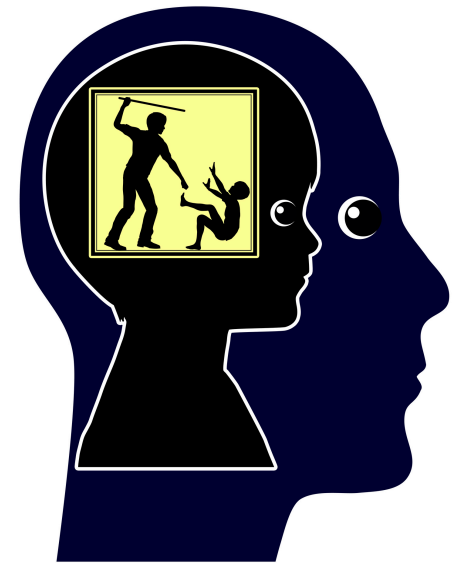
- Physical abuse
- Sexual abuse
- Being the child, spouse, sibling, etc. of a drug and/or alcohol addict
- Frequent surgeries and other invasive medical procedures
- Frequent illness

Covert Trauma

- Verbal abuse
- Emotional neglect
- Victim of narcissism
- Invalidation
- Lack of support
- Attachment trauma
- Shaming
- Bullying
- Gaslighting
- Discrimination
- Betrayal
- Etc.

Threats To Life

- Warzones
- Assaults
- Natural disasters
- Accidents

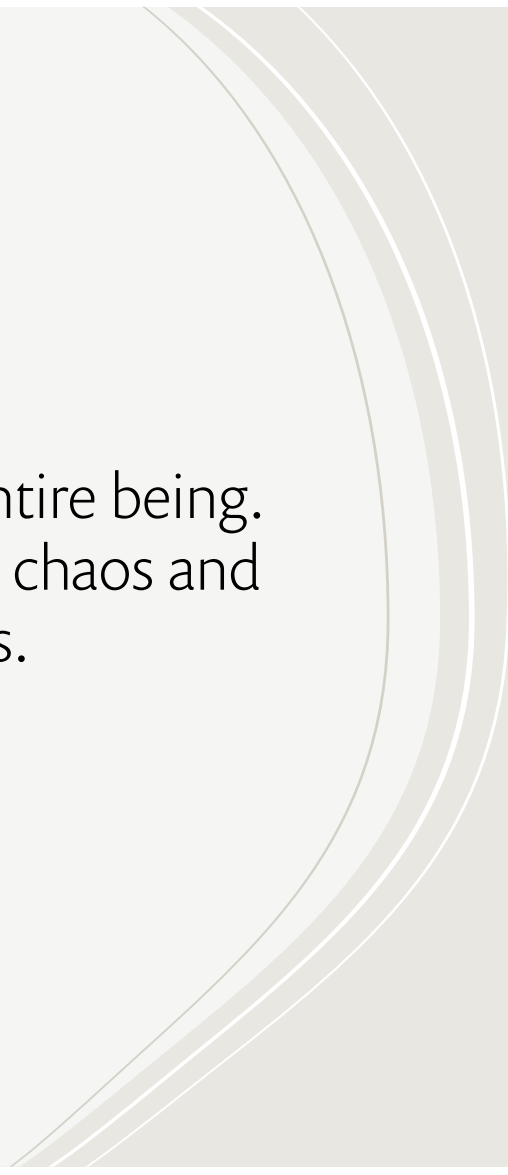


#2: Trauma is defined as any experience that one perceives (consciously or unconsciously) to be life-threatening or overwhelming and/or where one feels powerless to flee, protect themselves, or change the circumstances.

#3: Interpersonal, covert trauma, such as betrayal, abuse, neglect, gaslighting, bullying, narcissism, etc., is often the most damaging and challenging to move beyond.

#4: When we feel powerless to change our circumstances, we often go into freeze mode. During this state, the energy of trauma gets trapped in the body, where it becomes “issues in our tissues” and patterns within our neurology.

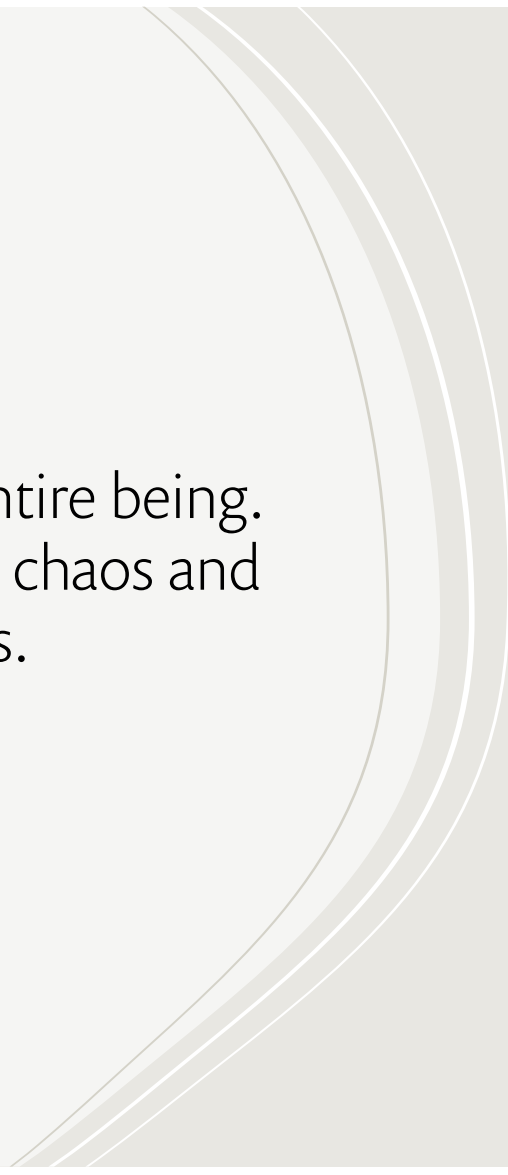
#5: Recurring trauma sensitizes the system more and more. This causes a person to become less and less able to deal with new stressors that arise, and even the stimulation of daily life can be overwhelming.



#6: Unresolved trauma is dysregulating to our entire being.
The inability to keep ourselves balanced leads to chaos and
crisis in our health, wellbeing, and lives.

#7: Traumatic experiences “set” the nervous system to a state of stress maladaptation. In other words, the stressors placed upon the body, mind, and spirit exceed one’s ability to adapt.

In this state, the nervous system and thus every other body system, particularly the digestive, endocrine, and immune systems, no longer interpret and respond to environmental inputs appropriately.



#8: Unresolved trauma is dysregulating to our entire being.
The inability to keep ourselves balanced leads to chaos and
crisis in our health, wellbeing, and lives.

#9: Because of its impact on our physiology and psychology, unresolved trauma is a significant player in the development of and inability to heal from chronic illness.

Unresolved trauma, particularly ACEs (adverse childhood events) and other covert traumas, is linked to many conditions such as chronic fatigue syndrome, fibromyalgia, autoimmunity mast cell syndromes, cancer, and more.

The background of the slide features a series of concentric, overlapping circles in shades of light gray and white, creating a subtle, modern design. The circles are centered on the slide, with some appearing as thin outlines and others as filled areas.

A few supportive studies...

Original Article

FREE

November 2006

Early Adverse Experience and Risk for Chronic Fatigue Syndrome Results From a Population-Based Study

Christine Heim, PhD; Dieter Wagner, PhD; Elizabeth Maloney, MS, DrPH; [et al](#)

[» Author Affiliations](#) | [Article Information](#)

Arch Gen Psychiatry. 2006;63(11):1258-1266. doi:10.1001/archpsyc.63.11.1258

Abstract

Context Chronic fatigue syndrome (CFS) is an important public health problem. The causes of CFS are unknown and effective prevention strategies remain elusive. A growing literature suggests that early adverse experience increases the risk for a range of negative health outcomes, including fatiguing illnesses. Identification of developmental risk factors for CFS is critical to inform pathophysiological research and devise targets for primary prevention.

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Adverse Childhood Experiences and Symptoms of Urologic Chronic Pelvic Pain Syndrome: A Multidisciplinary Approach to the Study of Chronic Pelvic Pain Research Network Study

[Andrew Schrepf](#), PhD, [Bruce Naliboff](#), PhD, [David A Williams](#), PhD, [Alisa J Stephens-Shields](#), PhD, [J Richard Landis](#), PhD, [Arpana Gupta](#), PhD, [Emeran Mayer](#), MD, PhD, [Larissa V Rodriguez](#), MD, [Henry Lai](#), MD, [Yi Luo](#), MD, PhD, [Catherine Bradley](#), MD, [Karl Kreder](#), MD, [Susan K Lutgendorf](#), PhD, and MAPP Research Network

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Influence of Psychological Stress on Chronic Fatigue Syndrome

Issue title: Molecular and Neuronal Mechanisms of Chronic Fatigue Syndrome: From Bench to Bedside

Article type: Research Article

Authors: Oka, Takakazu

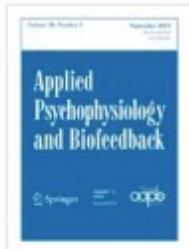
Affiliations: Department of Psychosomatic Medicine, Graduate School of Medical Sciences, Kyushu University, Higashi-ku, Fukuoka, Japan

Note: [] Correspondence to: Dr. Takakazu Oka, Department of Psychosomatic Medicine, Graduate School of Medical Sciences, Kyushu University, 3-1-1 Maidashi, Higashi-ku, Fukuoka 812-8582, Japan. Tel.: +81 092 642 5317; Fax: +81 092 642 5336; E-mail: oka-t@cephal.med.kyushu-u.ac.jp

Abstract: This article reviews the influence of psychological stress on chronic fatigue syndrome (CFS). Studies have demonstrated that psychological stress is involved in the CFS onset, exacerbation, and/or relapse, while early life stress acts as a risk factor toward the development of CFS in later life. CFS patients may have disrupted stress systems, including HPA axis hypofunction and ANS alterations characterized by sympathetic overactivity and low vagal tone. Individuals with CFS respond to psychological stress differently from healthy subjects in that CFS patients show a blunted (or similar) activation of the HPA axis and SNS and attenuation of proinflammatory cytokine induction, whereas psychological stress increases cytokine levels in healthy subjects. It is not fully understood how such disrupted stress systems and differential stress responsiveness contribute to the pathophysiology of CFS. Further studies are necessary to determine whether laboratory stress can fully replicate typical daily stress and how stress responsiveness is related to psychological stress-induced exacerbation of CFS symptoms. This article also reviews the role of psychological stress in low-grade fever in CFS and the role of adaptive or maladaptive coping in the severity of CFS symptoms.

Keywords: Chronic fatigue syndrome, psychological stress, stress-induced hyperthermia

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[Applied Psychophysiology and Biofeedback](#)

..... March 2001, Volume 26, [Issue 1](#), pp 73–91 | [Cite as](#)

The Neurophysiology of Dissociation and Chronic Disease

Authors

[Authors and affiliations](#)

Robert C. Scaer

“We propose a model of PTSD linked to cyclical autonomic dysfunction, triggered and maintained by the laboratory model of kindling, and perpetuated by increasingly profound dorsal vagal tone and endorphinergic reward systems. These physiologic events in turn contribute to the clinical state of dissociation. The resulting autonomic dysregulation is presented as the substrate for a diverse group of chronic diseases of unknown origin.”

#10: One of the most challenging aspects of trauma is that it often creates a vibrational resonance within us that draws us into or attracts situations to us that are the same or similar to the ones that caused the trauma in the first place.

In other words, we become a magnet to further chaos and trauma. We're inextricably drawn to people and circumstances that replicate the original trauma in both obvious and non-obvious ways.

Re-enactments/recreations of trauma are the universe's and our psyche's way of making us repeat lessons that we need to learn. They are forcing us to confront and deal with our unresolved trauma so we can finally heal and move on from deep mental and emotional wounds keeping us captive.

#11: Many people choose to become wellpreneurs because they've experienced health and life challenges themselves. Many become wounded healers.

Unresolved trauma often rears its head for wounded healers in the form of perfectionism, self-doubt, fear of putting oneself out there, business overwhelm, lack of boundaries, poor work-life balance, burnout syndrome, and more.

I speak from personal experience here, but the more I heal, the more I break free from these shackles.

#12: While healing physiological dysfunction is critical and cannot be skipped, all the best, most cutting-edge biochemical interventions such as lab tests, supplements, herbs, therapeutic diets, IV therapies, and other health hacks will have limited efficacy if unresolved trauma programs are running within the subconscious.

Subconscious trauma patterns continuously hijack the nervous system, create interference in the energy field, and fuel self-sabotage, limiting beliefs, and unsupportive mindsets.

Because of this, a trauma-informed practitioner/coach needs to look upstream of upstream...

Interventional Strategies

Transformational coaching
Energy testing & healing modalities
Tools for nervous system self-regulation
Neural rewiring

Looking upstream of upstream...

Unresolved trauma patterns
and the role they are playing
in a client's current challenges

**Less efficacy
of these
strategies**

Looking upstream...

Poor lifestyle habits
Lack of selfcare
Pathogens
Toxins
Leaky gut
Etc.

Interventional Strategies

Lab testing
Supplement protocols
Detox regimes
Lifestyle coaching



Part V

So, What Can You Do As a
Coach/Practitioner to
Better Serve Clients
Impacted by Trauma?

How can you help them
build resilience and rewire
their nervous systems for
wellness?

My answer...

This is a BIG, BIG question and not something I can adequately cover in one workshop.

I do, however, take a super deep dive into how to do this within my **Wellness Code Practitioner Certification Training Program.**

In the meantime, however, I can share with you my general **5-part framework** as well as some tips to get you started!



A photograph of a wooden boardwalk winding through a grassy dune landscape. The boardwalk is made of light-colored wooden planks and curves from the foreground towards the background. The dunes are covered in tall, green grass with some patches of sand visible. In the distance, there are more dunes and a line of trees under a cloudy sky. The overall tone is natural and serene.

The Wellness Code 5-Step Framework!

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Step №1

Investigate, Identify & Remove
as Many Stressors as Possible

Lifestyle
Environmental
Physiological
Biomechanical
Psychological
Bio-energetic
Etc.



A BIG part of Step #1 is working with clients in a way that fosters self-discovery, agency, taking 100% responsibility, and helping them become their own best healers.

There is much involved in this but here are 8 tips...

Tip #1: I build an empowerment-based, trauma-informed, and neural-rewiring approach into my overall approach starting with the marketing messaging and then in the initial consult through the duration of my coaching programs.

Tip #2: Self-Assessment of Root Cause Triggers of Chronic Dis-ease

I have all clients rate themselves on these categories initially

TRAUMA

PSYCHOLOGICAL DISTRESS

UNSUPPORTIVE HABITS

PUSHING BEYOND ONE'S LIMITS

LACK OF SOCIAL CONNECTION

DIETARY STRESSORS

IMPAIRED DIGESTION

LEAKY GUT

NUTRIENT DEFICIENCIES

EMF TOXCITY

INFORMATION OVERLOAD

BLUE LIGHT TOXICITY

SUNLIGHT DEFICIENCIES

LACK OF NATURE CONNECTION

DENTAL DYSFUNCTION

CHRONIC INFECTIONS

TOXIC BURDEN

POOR QUALITY SLEEP

Tip #3

Initial self-assessment of psychological stress resilience

Mental/Emotional Health Status and Stress Resilience.

Perceived Stress Scale *

Key:

0 = No, symptom does not occur

1 = Minor or mild and/or occurs monthly

2 = Moderate symptom and/or occurs weekly

3 = Severe symptom and/or occurs daily

How often do you get upset because of something that happened unexpectedly?

How often do you feel that you are at the mercy of the events that happen in your life and/or the circumstances that you find yourself in?

How often do you feel "stressed" or anxious?

How often do you feel a lack of confidence about your ability to handle your personal problems?

How often do you feel as if you "have a black cloud over your life" or "The Universe seems against you"?

How often you feel you are NOT able to cope well with the irritations and stressors in your life?

How often do you feel as if you CANNOT cope with the responsibilities/demands in your life?

How often are you "triggered" into a negative stress response by a memory or event in a typical day?

How often do you feel empty, bored, and/or unfulfilled in your life?

How often do you say or think to yourself "I feel like I am losing my mind!"

How often are you angered by events that are out of your control?

How often are you angered/triggered by the behaviors/actions of other people?

How often do you feel as though difficulties are piling so high that will not be able to overcome them?

How often are you envious of others or desire to have somebody else's life?

How often do you feel inadequate, doubtful of yourself, and/or as though you are not good enough?"

How often do you NOT engage in healthy/supportive self-care strategies?

How often do you feel like giving up or as if "what is the use of trying anymore?"

Tip #4

Initial self-assessment of level of support needed

Please rate each factor on a scale of 1-10 for how much support and guidance you feel you need. *

1 = I do not feel this is a major priority right now for me and/or I am good in this area; I don't really need much support
10 = I feel this is a TOP priority and I need and want significant support and guidance around it.

Diet/Nutrition (shopping,
planning for, and cooking
healthful meals without getting
overwhelmed)

Stress Reduction (mindset/mental
and emotional barriers)

Rest; getting better sleep at night

Rewiring my mind and nervous
system for wellness

Exercise: what kind and how
much?

Healing the emotional wounds and
moving beyond traumatic
experiences

Staying organized in my healing
and in my life

Running labs! I need and want data
about what is happening inside of
my body!

Addressing issues in my life that
are contributing to my inability to
heal

Self-care strategies!

Investigating my home and work
environments for toxic exposures.

Addressing toxicity issues in my
home (ex: mold!)

Healing my gut!

Detoxing my home (mold, personal
care products, household
products, etc)

Habit change (adopting health
supportive habits and kicking bad
habits to the curb)

Figuring out what bio-hacks (ex:
sauna, red light, etc) would be best
for my case.

Targeted supplementation

Relationships (interacting well with
the people closest to you in your
life)

Tip #5

Ongoing, **pre-session** assessment of self-care

Please rate each one on a scale of 1-10 with how you are doing in **CONSISTENCY** with each of these factors. *

There is a strong correlation between the consistency and level of our self-care and our ability to restore and optimize our health.

1 = I am NOT very consistent. I have much room for improvement!

10 = I am very consistent in this area!

NOTE: The higher the number, the better you're doing with self-care.

Nutrition	<input type="text"/>	Positive and supportive input (healthy conversations, avoiding doom and gloom, etc.)	<input type="text"/>
Hydration	<input type="text"/>	Joy, laughter, and rolling with the punches	<input type="text"/>
Blood sugar regulation	<input type="text"/>	Stress reduction / nervous system self-regulation	<input type="text"/>
Rest/sleep	<input type="text"/>	EMF reduction	<input type="text"/>
Exercise	<input type="text"/>	Blue light reduction	<input type="text"/>
Mindset	<input type="text"/>	Relating to self and others	<input type="text"/>
Elimination (bowel movements)	<input type="text"/>	Emotional healing	<input type="text"/>
Daily focus and organization	<input type="text"/>	Time management	<input type="text"/>
Daily habits / daily routine	<input type="text"/>	Healthy relationship with social media and tech in general	<input type="text"/>
Awareness of patterns that no longer serve	<input type="text"/>	Clutter management (keeping your physical environments free of clutter). A cluttered environment = A cluttered mind!	<input type="text"/>
Boundaries	<input type="text"/>	Quiet time (breaks each day from everything!)	<input type="text"/>
Breathing patterns	<input type="text"/>	Connection with nature	<input type="text"/>
Daily recharge rituals	<input type="text"/>	Sunlight exposure	<input type="text"/>

Tip #6

Periodic assessment of coaching program progress

Factors for Health Restoration & Optimization *

Below is a list of factors that need to be addressed to restore and optimize health and well-being. In other words, these are factors that support the philosophy of "Create the correct environment and health will follow."

Please read through the list, consider each carefully, and mark each with either an X or an O per the following criteria:

X = I feel our work together is optimally supporting this factor, or I don't feel this factor to be much of an issue

O = I feel we need to give this factor more attention in our work together

Gaining clarity of your wellness vision (It's essential to know where you're at & where you want to go!)

Habit change and alignment of daily actions to support your wellness vision

Assessing for hidden stressors (labs, energy testing, and consulting with other pros as needed)

Optimizing nutrition (eating to reduce inflammation/removing dietary triggers of inflammation)

Supporting drainage and detoxification pathways

Optimizing environments (EMF reduction, toxic identification and reduction, etc.)

Addressing chronic infections

Staying organized and avoiding overwhelm in the healing journey

Addressing toxic burden

Cultivating a mindset for healing and success and rewiring the brain for wellness

Healing and sealing the gut

Learning and implementing tools for nervous system regulation

Implementing targeted supplementation to support the healing path

Identifying and addressing mental and emotional blocks, most often triggered by trauma

Optimizing self-care strategies

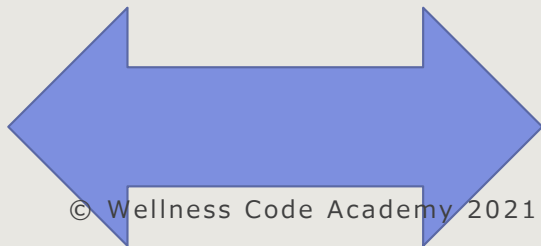
Optimizing energy fields (this is where energy testing and healing modalities come into play)

Implementing biohacks to support the healing journey

Up-leveling your knowledge and skill in specific areas

Tip #7: I regularly check-in with my clients about the importance of addressing the 5 most important secondary & bidirectional physiological triggers of nervous system dysfunction:

1. Blood sugar dysregulation
2. Dehydration (water and minerals)
3. Lack of restorative sleep
4. Improper breathing patterns
5. Gut dysfunction (symptoms or not!)



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Each of these are massive stressors and failure to dial in on each will result in continued nervous system dysregulation

Tip #8: I also emphasize (regularly) with my clients that our nervous systems need ample breaks to recover from the following each day:

1. Eating
2. People
3. Technology
4. Thinking
5. Doing





Step №2

Implement Passive Nervous System Support

Guided meditation

Apollo Neuro

Light Source by Hemi-Sync

Brain Tap

Red light therapy

Vagus nerve stimulation devices

Neurofeedback devices

Step №3

Implement Measures for
Moving the Energy of
Trauma out of the Body

TRE® Exercises

Tai Chi

Qi Gong

Regular movement

Craniosacral therapy

Massage

Specific stretches



Step №4

Implement Transformational Coaching,
Practices for Healing Trauma, Nervous
System Self-Regulation & Neural Rewiring

The 5 Pillars:

Understanding

Awareness

Intention

Consistency

Self-love



**This step is the most involved,
it's INTEGRAL & cannot be
skipped or underemphasized**

Just one of the
things that I do
for step 4 is...

Wellness Code Academy

Programs for Health, Life, & Business Optimization



Rewrite Your Script!

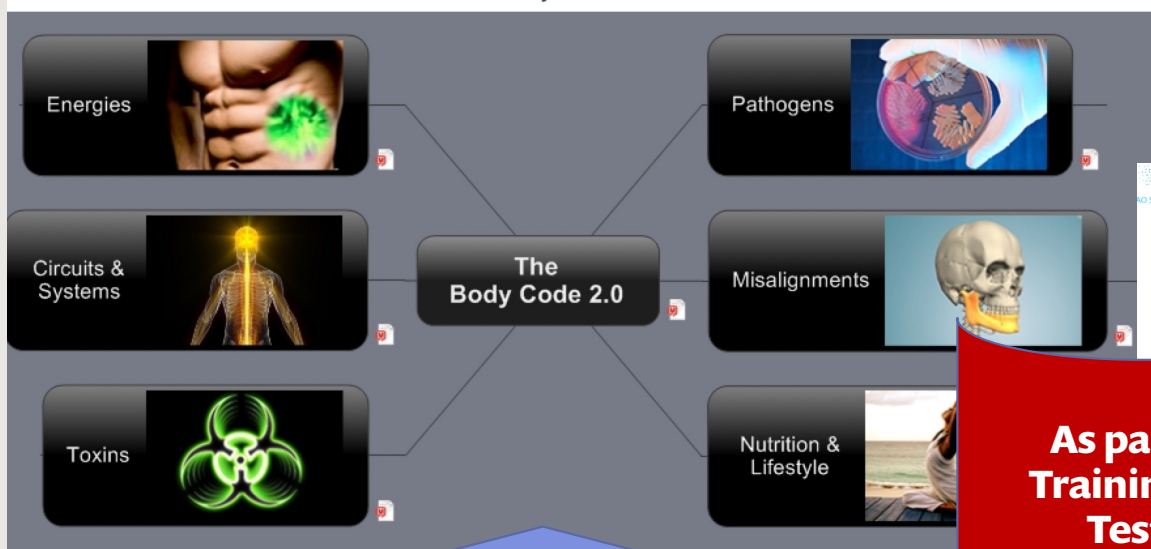


90 Daily Writing Prompts For...

Emotional Healing
Raising Your Vibration
Self Discovery
Neural Rewiring

Something else I do for Step #4 is implement energy / subconscious testing and healing modalities

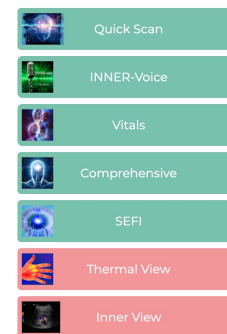
Body Code 2.0



**AO Bioenergetic
Scan Technology**

Jennifer Ellis-Schuetz

**As part of my WC Practitioner
Training, I teach Intro to Energy
Testing 101 in Module 5! ☺**



**Body Code created by
Dr. Bradley Nelson**

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Step №5

Implement Hormetic Stressors
to Rehabilitate & Build Resilience

Cold therapy

Sauna therapy

Fasting

Therapeutic breathing techniques

Healthy challenges (pushing beyond comfort zones)





Part VI

Next Steps

If this presentation resonated with you and you'd like to learn more about this approach, then here are some action steps to consider...



Step #1

If you have not already done so, enroll in my FREE 4-part Training: Build Resilience & Rewire the Brain For Wellness

<http://www.wellnesscodeacademy.com/rewire-the-brain-for-wellness-signup>

Step #2

Check out the full Wellness Code Practitioner Training Certification Program.

The Wellness Code Practitioner Training Program is an 8-month, 16-module immersion into a truly holistic model of empowerment-based, trauma-informed healing, where functional medicine, nervous system regulation, neural rewiring, energy-based assessments, and transformational coaching converge into a cutting-edge approach for health restoration and optimization.

There is also TONS of business and marketing instruction offered to help you take what you learn and integrate it into a wildly successful, waiting-list practice as I have done.

You can learn more about this training as well as how to get on the waiting list by visiting:

www.wellnesscodeacademy.com

Use Code: **FDN500OFF2022** for a \$500 discount off the price of enrollment

And that's a wrap!

