

Understanding Complex Trauma,

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1. What is complex trauma? (CPT)

CPT is an experience encoded in the body-mind that has a strong impulse of 1. identity belief 2. view of the world, 3. Behavioral signature and expression 4. Creates confusion in present day relationships, and 5. Is usually related to an infant or child experience that overwhelmed the nervous system.

2. How does complex trauma affect the behavior, ways of thinking, emotional states, and life in general?

It creates control behaviors, confused thinking, general mistrust or “over-trust”, in other words *lack of discernment* for present time cause and effect thinking, and interrupts wellbeing. It is often highly associated with an emotional charge/belief.

3. How does complex trauma affect relationships?

This is one of the major focii of my *Relationship Ready* online course. CPT plays havoc with relationships. This could be due to real childhood or infant experience that simply was not processed and put in place in the cognitive brain. It remains forever as a foreboding thought, a distorted view, or a behavior that is incoherent or out of context. This can drive a partner crazy, and create stress and mistrust in your behavior, or in theirs if they have “unfinished business.” You also “unconsciously enroll” your partner in your attempt at resolution, or re-playing the trauma.

4. As a therapist, how do I recognize complex trauma, what do I track for? Watch for Incoherence; meaning someone is really speedy, spacey, overly focused on you, can’t settle or slow down with your support. Notice how your body is responding to this person. Are you engaging with ease, feeling pulled on, getting defensive. Use those keys to notice why and what is going on in the relational field. What hidden story are they trying to share? (see product audio download, *The Hidden Story behind Difficult Behavior*)

5. My understanding is that complex trauma is difficult to treat, why is that? CPT is so “pre-cognitive.” That means based on an experience where the “sense of self” was still developing; not fully formed and needed a safe cohesive environment to do so. If there was

abuse, neglect, or simply misattuned parents, then it is likely a child-self formed an opinion about life. That is the issue; the child self is still controlling your adult behavior. The other reason is it creates dissociation. That means your client is not really present in the bodymind for implementing change in their own patterns. Knowing about dissociation is one of the keys in my upcoming **Healing Complex Trauma** guided online course.

6. What is your best advice for someone who has experienced complex trauma? Organize help for your thoughts, your emotions, and your behavior. Get guidance from a trained professional who can help you tolerate the chemicals left over in your body; the implicit memory, bringing it into explicit awareness, and you adding your understanding, compassion, and new guidance for your behavior. My trained therapists are great at this, and my online course can really guide you through this.

If you are a professional or someone wanting to heal from CPT, my upcoming guided **Healing Complex Trauma course** is a must participate! You will get easy to communicate insights you can offer to your clients; neuroscience made easy, plus many body interventions that reinform behavior.

7. Do you have any words of wisdom for people whose loved ones experienced complex trauma? Make sure they get professional help; you don't want to be dragged down the rabbit hole of unresolved trauma. Of course, it may be a perfect mirror into your own "unfinished business." Then you might get couples therapy or join my **Relationship Ready guided online course** to get insight and begin the process for healing CPT and finding real change and enjoyment of life.

