

# The Trauma Informed Growth Landscape

## BUSINESS EDITION

### Stress Related Trauma

No one can do this for you and you can't do this alone. Ongoing exposure to stress marks the body the way a stroke leaves a lesion, as such, words are not enough and when high stress childhoods turn into ongoing stress careers, the ability to sustain it all diminishes rapidly as you move into your 40s. Repair and Recovery is possible, and it requires a mind-body approach to access it.

Doctors & Psychiatrists

Therapists & Psychologists

Holistic & Alternative Practitioners

Coaches

Charities, Associations, Support Groups, & Psycho Education

Researchers & Data Scientists

Consultancies, Advisory, Training for Organisations

Trauma-Informed Workplaces

Apps & Online Platforms

Devices, Wearables, Biometrics

CyberSecurity, & Data Protection

Architecture & Engineering

### Glossary of Terms:

#### Brain Terminology

- Brain-Body
- Brain-Gut Axis
- Brain Stem
- Hippocampus
- Limbic
- Memory
- Neuroplasticity
- Pre Frontal Cortex

#### Neurological Responses

- Dissociation
- Dysregulation: brain, body, emotion
- Interoception offline
- Neuroception distorted
- Nervous System locked in survival
- Perception incomplete
- Perspective distorted
- Polyvagal compromised

#### Psychological Concepts

- Bottom Up Therapy
- Stress that lingers
- Top Down Therapy
- Window of Tolerance

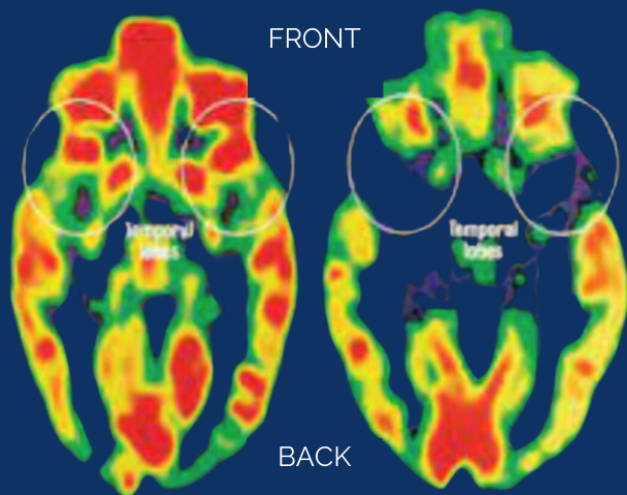
#### Symptoms

- Addictions
- Anger
- Anxiety
- Avoidance Behaviour
- Coping Strategies
- Depression
- Disorganised Attachment
- Fear
- Grief
- Guilt
- Shame
- Stress
- Worry

#### Trauma-Related Terms

- c-PTSD
- Complex Trauma
- Post Traumatic Growth
- Survival Mode
- Trauma (Chronic Stress)
- Trauma Response
- Trauma-Informed
- Trauma-Informed Growth

### Brain scan of 2 children age 5



Love @ Home

Neglect @ Home

### Interesting Stats:

30% of the workforce is Highly Functioning, Secretly-in-Despair

75% of overachievers are sprinting those mountains to outrun a past that is leading the way

80% of entrepreneurs have at least one mental health condition

### Stress Related Trauma @ Work

1. Fear of Being Seen
2. Toxic Leadership > Burnout
3. Chaotic relationship with money
4. Doing the jobs of 3 people
5. Overwhelm, Urgency & Over reactions to seemingly normal situations
6. Self-Isolating behaviour - ghosting Clients, Colleagues, Audience