

The 7 Steps to Healing Childhood Emotional Trauma and Building Resilience

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The 7 Step to Healing Childhood Emotional Trauma and Building Resilience

By Niki Gratrix Dip ION NANP

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About Niki Gratrix BA Dip ION NANP

Niki is an award-winning internationally renowned transformation coach, nutritional therapist and bioenergetic practitioner specializing in stress and optimizing energy.



In 2005 she co-founded one of the largest mind-body clinics in integrative medicine in the UK with patients in 35 countries where she worked as Director of Nutrition until 2010. The clinic specialized in treating Chronic Fatigue Syndrome/ME. The results of patients on the nutrition protocol Niki designed was later published as a preliminary study in 2012 in the British Medical Journal Open.

In August 2015 she hosted the largest ever free online health summit on overcoming fatigue interviewing 29 world leading experts on optimising energy with over 30,000 attendees.

She writes regularly for a range of health magazines in both the UK and the US and speaks internationally at health conferences and has appeared on both radio and TV shows. Niki's website is www.nikigratrix.com

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Work with Niki One to One

“I can't thank you enough for how you have helped Elizabeth over the past year. The improvement in her is staggering and I feel she is truly well now. She is thinking of taking a gap year next year and trips to goodness knows where. This would have been impossible last year. So thank you so much for giving her her life back and for giving my daughter back to me. It's been a tough few years but she is proof that with the right help, recovery is possible.”

Jackie C

Working one on one with Niki is a special opportunity to work with a world-leading expert on energy related health issues in the most in depth, customized format Niki currently offers.

Be prepared to take a deep dive into exploring the true root cause of your energy and health issues covering psychological, energetic and biochemical aspects.

Niki draws on 12 years experience with 1000s of clients as an award-winning registered nutritionist, certified bioenergetic and mind-body expert. ([See her full bio](#)).

Due to Niki's rare comprehensive training and research across multiple types of healing modalities, she has a unique ability to elicit the deep connection between underlying psycho-energetic imbalances, trauma and identity issues that may be interrelated to biochemical and metabolic disturbances in the physical body.

[To find out more about working with Niki click here](#)

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1. Introduction

The effect of unresolved emotional trauma from childhood on health across a lifetime is possibly the most under-exposed risk factor for all major chronic health conditions in the world today. Huge studies by the [CDC and Kaiser Permanente starting with 17,500 adults](#) in the mid 1990s confirm stunning statistics.



No patient can afford to ignore the impact of "adverse childhood events" or "ACEs" on their health, and we must ensure more and more health practitioners become "ACE aware."

2. The Impact of ACEs on Health Across a Lifetime

The studies showed that **67% of all adults had experienced at least 1 ACE**. Of those, **80% had experienced more than one ACE**.

Having a **high level of ACEs are correlated** with a dramatic increase in the risk of developing **7 of the top 10 causes of death**.

If you have 4 or more ACEs – your relative risk of **Chronic Obstructive Pulmonary Disorder (COPD) is 2.5 times higher** versus people with 0 ACEs, **hepatitis risk is 2.5 times** higher, **depression 4.5 times** higher,

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cancer is 2.5 times higher, **diabetes is 1.6 times** higher, a **stroke is 2.6 times** higher and being **suicidal is 12 times** higher.

8 or more ACEs triple risk of lung cancer, and increase the **risk 3.5 times** of **ischemic heart disease**.

A person with 6 or more ACEs has a reduced lifespan of 20 years.

Research has shown there is a **6 fold increased risk** of **chronic fatigue syndrome** with ACEs. One study showed **60% of women with Fibromyalgia had suffered sexual abuse.**

In 2009, Felitti and Anda from the original CDC and Kaiser Permanente study completed another study, specifically on cumulative adverse childhood events stress and adulthood autoimmunity, surveying 15,300 adults.

They found that if you had **2 or more ACEs**, you're **100% more likely** to be diagnosed with **rheumatic diseases**.

For TH1 dominant **autoimmune conditions** there was a **70% increased risk with 2 or more ACEs** of developing: Type I diabetes, Multiple sclerosis, Hashimoto's Thyroiditis, Grave's Disease, Crohn's Disease, Psoriasis, Celiac Disease, Rheumatoid Arthritis and chronic viral infections

For TH2 dominant **autoimmune conditions** (listed below): there is an **80% increased risk with 2 or more ACEs** of developing: Lupus, Allergic

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Dermatitis, Atopic Eczema, Sinusitis, Inflammatory Bowel Disease, Asthma, Allergies, Ulcerative Colitis and Multiple chemical sensitivity.

The correlation of autoimmunity onset in adulthood for women and ACE's is as strongly linked as smoking and lung cancer.

A later study of 28,000 adults in California based upon the annual [California Behavioural Risk Factor Surveillance System](#) showed that people with four or more ACEs are **4.22 times increased risk of Alzheimer's disease**.

In the late '80s, the original Kaiser Permanente researcher, Dr Felitti began a **systematic study of 286 obese people**, and discovered that **50% had been sexually abused** as children. That rate is more than 50% higher than the rate normally reported by women, and more than triple the average rate in men. This was the original study that triggered the larger studies in the 1990s.

Being subjected to moderate abuse during childhood results in a **34% increased risk of developing obesity** as an adult, and a **50% increased risk of developing obesity** in adulthood if exposed to severe abuse according to a meta-analysis carried out by Karolinska Institutet in Sweden which included a total of 112,000 participants and published [Obesity Reviews in 2014](#).

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3. Calculate Your Ace Score

"ACE" is the abbreviation for 'adverse childhood experience.' There are ten types of ACEs as defined by the original and ongoing collaborative research between the Centers for Disease Control and Prevention in Atlanta, GA, and Kaiser Permanente in San Diego, CA. In the first [study completed in 1998 of 17,500 adults](#) ACEs included:



- Parents separating or divorce,
- Physical, sexual, or emotional abuse,
- Physical and emotional neglect,
- Domestic violence,
- Mental illness in the family,
- Substance abuse,
- Incarceration by a related family member.

The questions below cover all ten ACEs and were originally designed by the co-principal investigators of the studies, Robert F. Anda, MD, MS, with the CDC; and Vincent J. Felitti, MD, with Kaiser Permanente:

Prior to your 18th birthday:

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1. Did a parent or other adult in the household often or very often...
Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
No ___ If Yes, add 1 point ___
2. Did a parent or other adult in the household often or very often...
Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
Yes, add 1 point ___
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
If Yes, add 1 point ___
4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
If Yes, add 1 point ___
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
If Yes, add 1 point ___
6. Were your parents ever separated or divorced?
If Yes, add 1 point ___
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something

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thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

Yes, add 1 point __

8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

If Yes, add 1 point __

9. Was a household member depressed or mentally ill, or did a household member attempt suicide? If Yes, add 1 point __

10. Did a household member go to prison?

If Yes, add 1 point __

Now add up your "Yes" answers: _ This is your ACE Score:_____

Your total ACE's are only a guide and the original ten types of ACEs described above are certainly not an exhaustive list, they were simply mentioned the most by a group of 300 people originally interviewed at Kaiser Permanente and were well researched in the published literature.

To get your "Extended ACE Score" which covers adverse childhood experiences not included in the original research, consider the the additional questions below and update your score.

Extended ACE Score

Below are additional common ACE's:

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1. Were you bullied, taunted or shunned at school? If Yes, add 1 point____
2. Did you experience racism or homophobia or similar forms of hate abuse? If Yes, add 1 point____
3. Did you experience a serious physical trauma, illness or accident in childhood which required hospitalization? If Yes, add 1 point____
4. Did you experience a difficult or traumatic birth? If Yes, add 1 point____
5. Did you witness violence or abuse of a sibling, parent or family member? If Yes, add 1 point____
6. Did an important family member or caregiver die during your childhood? If Yes, add 1 point____
7. Did you experience homelessness during childhood? If Yes, add 1 point____
8. Did your family experience significant adverse financial events during your childhood such as loss of job, financial stability or home? If Yes, add 1 point____

Total additional Points:_____

Grand subtotal_____

Further Considerations

There are additional sources of trauma which should also be considered as you investigate the likelihood that your health may have been affected by adverse experiences from the past. These are covered briefly below.

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1/ Intergenerational Trauma

Emotional Trauma has also been found to be inherited epigenetically, so for example [third generation children of the survivors of the holocaust](#) have been found to have the same physiological symptoms of trauma as their grandparents.

Also the prenatal period, the time we are in our mother's womb is a critical time when trauma experienced by our mothers can be passed on to the unborn child.

Consider the below questions in relation to your overall ACE score:

1. Was there significant trauma experienced by your mother during her pregnancy with you?
2. What are your parents or key caregivers' ACE scores (based on the above questions?)
3. Were your parents or grandparents affected by war, political upheaval or other adverse events listed above during their lifetimes?

2/ "Silent ACEs:" The Hidden Epidemic of Attachment and Developmental Trauma

There is a consensus among leading trauma experts that the ACEs questionnaire is inadequate when it comes to assessing specifically for attachment and developmental trauma disorder. A blockbusting **50%** of adults have probably experienced this trauma according to major research.

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For a more in-depth analysis and understanding about this type of trauma, ensure you read this article linked below. It may well change your responses to questions one and/or four on the ACE score regarding emotional abuse and neglect.

["Silent ACEs:" The Hidden Epidemic of Attachment and Developmental Trauma](#)

3/ Factors which make us more likely to be impacted by ACEs

There are certain factors that can make it more likely that an adverse childhood experience will traumatize us with lasting effects on our physical and mental well-being. These include:

1. Being a Highly Sensitive Person - Some people are naturally more emotionally sensitive and aware. They are often "empaths" who can easily feel other people's feelings and read emotional energy in a room. Their nervous system is therefore more acutely sensitive, which in turn can result in a deeper impact from ACEs.
2. Having one ACE can help - having a low level of ACEs can actually help you deal better with another one - people with no ACEs at all, or very high ACE's may have the most adverse reactions to an ACE.
3. No outside support - If, during childhood there was no outside support, or the ACEs we faced were even a family "secret," research shows the impact is worse for the child. Research shows just having

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one reliable adult to speak to about their experience can help a child bounce back from an ACE.

4. How you store your memories of an event, your ability to reframe the meaning and even your beliefs about emotional stress itself will affect how an ACE impacts your health and well-being.

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4. How Does Our Childhood Biography Become our Biology?

People who experienced trauma in childhood have an increased risk of 7 out of 10 of the top ten causes of death and a 20-year reduction in lifespan. How does emotional trauma and early life stress change our biology over a lifetime? It turns out that emotional trauma has an effect on three major areas: our behaviour, biochemistry, and our beliefs, all of which lead to diseases and health conditions in later life.

Behaviour



People with ACEs are more likely to lack education about healthy lifestyle patterns. [A study of 28,000 Californians](#) showed people with 4 or more ACEs are less likely to be educated about health, with a 21% increased chance they will live below the poverty line, 39% more likely to be unemployed, and 27% less likely to have a college degree.

However, lack of education is not enough to explain the level of destructive health behaviours found in people with ACEs. Unresolved emotional trauma



from childhood leads to addictions and others habits, like over-eating to suppress or distract from emotional pain, caused by the trauma.

The same study of 28,000 Californians showed that if a person has 4 or more ACEs, they are 10.3 times more likely to use injection drugs, 7.4 times more likely to be an alcoholic, 2.93 times



more likely to be a smoker, 3.23 times more likely to binge drink, and 3.3 times more likely to engage in risky sexual behaviour.

Clearly, these behaviours will lead to increased risk of diseases, like hepatitis, chronic obstructive pulmonary disease, cancer, diabetes, and heart disease.

ACE's also lead to other destructive health patterns, which lead to lack of healthy self-care, including workaholism, perfectionism, over-achievement,



over-giving, discounting personal needs, eating disorders, and much more. An example of how an ACE can sabotage healthy behaviours is demonstrated by the original ACE research by Dr Felitti at Kaiser Permanente in the obesity clinic. Felitti couldn't understand why people would be doing great on his weight loss program, then 55% would drop out.



So, in the late '80s, Felitti began a systematic study of 286 obese people and discovered that 50% had been sexually abused as children. That rate is more than 50% higher than the rate normally reported by women and more than triple the average rate in men.



The participants would report increasing anxiety and panic attacks when they were losing weight successfully. One woman, who had suffered sexual abuse in childhood, summed up the problem when she expressed that being overweight was her protection mechanism. It put men off from giving

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unwanted attention and provided a layer of protection. These findings kicked off the much larger studies, starting in the mid-1990s with the CDC.

However, behaviour is not enough to explain the increased risks of health conditions later in life in people with ACEs...



ACE's clearly impact behaviour, but it turns out, it is not enough to explain the increased risk of health conditions in later life. For example, [the original ACE study](#) showed that if a person had 7 ACEs, but didn't smoke or drink, had normal cholesterol, and wasn't overweight, they were still 360% more likely than someone with 0 ACEs to

get heart disease!

This was also found to be true in a study, published by [BioMedical Central in 2010](#), studying over 17,000 adults, on the link between ACE's, smoking, and lung cancer. Researchers stated: *"Adverse childhood experiences may be associated with an increased risk of lung cancer...The increase in risk may only be partly explained by smoking suggesting other possible mechanisms by which ACEs may contribute to the occurrence of lung cancer."*

So what is going on?

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ACE's and the effect on The Biochemical Stress Mechanism

When we face either a chemical, electrical, microbial, or emotional stressor, the body responds with increased activity in the brain's limbic system, and a message is sent to the hypothalamus via the pituitary to the adrenal glands to release stress hormones, including adrenalin and cortisol. These hormones ready the body for a fight or flight response.



However, in the case of emotional trauma in childhood, when neither a fight nor flight response is possible, these impulses cannot switch off, and two things result:

- 1/ The trauma becomes “frozen into the psyche and the body.”
- 2/ In young developing brains, a low grade intermittent stressor or shock resets the limbic-hypothalamus-pituitary-adrenal system for good, resulting in a LOWERED threshold required to stimulate a response in the future.

In other words, young brains become hardwired to respond to stress more easily; less external stress is required to produce all the cascading changes in the body, which result from a stress response.

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The world-leading expert in the case definition of Chronic Fatigue Syndrome, [Dr Leonard Jason, and colleagues](#) called this process “limbic kindling” in relation to Chronic Fatigue Syndrome, in a paper called, “Kindling and Oxidative Stress as Contributors to Myalgic Encephalomyelitis/Chronic Fatigue Syndrome.” Limbic kindling has also been used as a theoretical model for epilepsy.

The results of chronic low grade stress from childhood on our biology include:

- Constant chronic low grade inflammation in the brain and body
- Increased free radical stress in the brain and body
- Sympathetic nervous system hyperactivity
- Parts of the immune system over-react; other parts don't work hard enough i.e. food and chemical sensitivities, susceptibility to infections
- Hormonal imbalances, for example, in Chronic Fatigue, adrenal glands reduce in size and cortisol output is reduced; in major depression, it is the opposite
- Dysbiosis and leaky gut

Depending on the genetic propensity or the weak link, some people may develop sensitivity to chemicals, others to pain (e.g. Fibromyalgia), and others develop autoimmune diseases, cancer, heart disease, and so on.

Epigenetics and Early Life Stress

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Research shows early life stress epigenetically resets the glucocorticoid receptors, resulting in a lowered threshold required for a stress response. So, early life stress causes chronic release of stress hormones and inflammatory cytokines. Genes that shut off the stress response are silenced.

The body is flooded with inflammation at the slightest provocation, and researchers have confirmed that crucial set of breaks are off, and the body is marinating in inflammatory chemicals.

A study by Dr Joan Kaufman and colleagues also looked at epigenetic differences in children with ACEs and found gene expression changes across the *entire genome*, including genes implicated in cardiovascular diseases, obesity, and cancer.

Brain Inflammation and Early Life Stress

Toxic early life stress also creates low grade inflammation in the brain, something that was thought not to be possible. Studies have shown that stress triggers immune cells, called microglia to ingest neurones.

The job of the microglia is to prune unnecessary neurones; however, toxic stress causes them to go berserk, according to the research. A new understanding in brain science is that new neurones are generated in the

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hippocampus. When microglia cells are out of control, [they prevent neurogenesis](#), leading to depression and inflammation.

As a result, the brain is swamped in neurochemicals, leading to chronic neuroinflammation, which is being associated as a cause of mental disorders, including anxiety, depression, bipolar, poor executive function and decision making, and even Alzheimer's.

Beliefs

As stated above, in the example of the obesity study at Kaiser Permanente, ACE's impact our beliefs, which can lead to destructive health behaviours, like not sticking to a weight loss program due to the belief being thin was "unsafe."

Beliefs have an extremely powerful effect on biology, directly and indirectly, via behaviour. The most studied and tested effect on biology in science is probably the placebo effect, because every randomized controlled trial has a control group to rule out the placebo. A strong powerful belief that something will heal us...usually does, even if it was just a sugar pill.

Presently a full [1/3 of all illnesses](#) are healed by the magic of the placebo effect.



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The opposite of a placebo effect is the “nocebo” effect, where a strong, powerful belief that we should be sick or are going to be sick manifests in reality.

In a paper published in the [*Journal of the American Medical Association*](#), called “Nocebos Contribute to Host of Ills”, the author states: *“In the Framingham Heart Study, women who believed they are prone to heart disease were nearly four times as likely to die as women with similar risk factors who didn't believe.”*

The Nocebo Effect and ACEs

When we are exposed to an ACE much of the time, we are unable to process and release the impact of the traumatic event at the time. It becomes stored in the unconscious mind and in the body. World-leading expert in trauma recovery, Dr Bessel Van Kolk, discusses this in his book, entitled “The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma.”

When traumatized, the body remembers. Time does not heal, but it conceals, and our biography, eventually, becomes our biology.

After an ACE, the traumatized part of the psyche becomes “disassociated” from us; meaning, it becomes unconscious. Often, we lose touch with the emotions related to it completely. However, there are parts of us that are angry all the time, crying all the time, fearful all the time, and so on, from the trauma.

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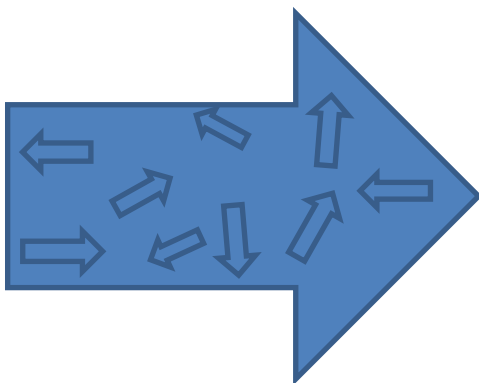
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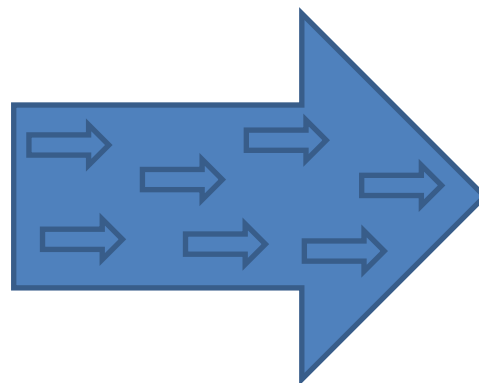
These parts of us can have unconscious beliefs associated with them that may include feeling unworthy of health and wellbeing, feeling ashamed, and like we deserve to be punished with ill-health.

We may have a conscious belief that we can be well and recover from an illness (represented by the arrow in the diagram below), but this can be sabotaged by our unconscious belief systems linked to trauma from ACEs.

Unresolved Emotional Trauma



Resolved Emotional Trauma



Science does not yet fully understand how conscious and unconscious beliefs can change biology, cause spontaneous disease remission and so forth, but it happens all the time.

Many clinicians and healers have observed that unconscious beliefs and “conflicts of consciousness” that are not consciously processed can become symbolically expressed via pain and illness in the body.

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5. The Benefits of Becoming Resilient and Resolving Emotional Trauma!

Once you start to clear your emotional trauma and align with your own balanced emotional energy source, the inevitable benefits are:



- MORE energy!
- Feeling more expansiveness, spaciousness, and joy
- Resilience to energy vampires; it becomes very difficult for others to steal your energy
- Needing less sleep
- Reversal of the aging process
- Body aches and pains disappear
- Physical illnesses heal and disappear
- Your eating habits naturally change. You need less food, and you'll naturally desire healthier foods
- The body works more efficiently and processes all kinds of foods better, so weight issues normalize
- Less struggling in the mind, more connection to your sensuality and feelings
- Synchronization of the brain and access to creative solutions

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- Reintegration of disassociated parts and pieces of our fragmented personality, leading to more balance, contentment, and alignment
- Relationships with those closest to you change, and your physical relationship with your partner will change
- Your body cleanses of toxins, surpassing colonics and any other biochemical cleanse
- You gain clarity of mind - you become smarter and clearer, and less energy is needed to process the information

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6. The 7 Steps to Healing Childhood Emotional Trauma

Healing emotional trauma is one of the most important aspects to address in all chronic complex illnesses.

Unresolved emotional trauma leads to pain and is at the core of addictive and destructive health patterns.

Unresolved trauma leads to a state of chronic stress and inflammation, which perpetuates illnesses and leads to beliefs that sabotage our ability to recover.



Step 1/ Know Thyself – Awareness and Knowledge Itself Can Heal

Calculate your ACE score and take an inventory listing events and how they may have reset your stress response, leading to chronic low grade inflammation for life. Include an assessment for attachment trauma if needed as well.

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Journaling- [Writing about emotional experiences](#) has been shown to have many therapeutic effects.

Explore what was going on at the time of your ACEs. Are you more likely to have been affected by these ACE's i.e. was there any adult around you could trust, who supported you? Were you always a highly sensitive or highly strung type? Was it just one ACE that shocked and devastated you, or did you have too many and lost resilience?

Check- have ACEs affected your behaviour, leading to addictive or destructive health patterns and inability to stick to recovery or health programs?

Personality - Explore how ACEs may have impacted your core personality, have they led to perfectionism, over-achieving, or over-giving at the cost of your own ability to relax and commit to self-care?

Read the book [Childhood Disrupted by Donna Jackson Nakazawa](#) to explore the science of ACEs and read patient stories of recovery. Reading about other people's experiences and positive breakthroughs are very important for recovery.

Results - Have you tried everything on the physical side, but still have not gotten results/still feel stressed and inflamed? Could it be because you haven't yet addressed ACEs'?

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Questionnaire - Go to www.enneagraminstitute.com and complete the free questionnaire to discover your personality type – Perfectionist, Achiever, Helper etc. For more in-depth study, read *The Wisdom of the Enneagram* by Don Riso and Russ Hudson.

Beliefs - Could trauma from ACEs have unconsciously affected your beliefs? Could you be sabotaging your successful recovery through the nocebo effect?

Step 2/ Address Your Physical Body and Environment

When reversing the physical impact ACEs have had on the body over many years, we need also to address the physical impact of stress, concurrently.

Address diet and environmental factors that will be contributing to stress and inflammation in the body. Remember, the body does not differentiate between a physical, chemical, electrical, or psychological trigger; it reacts the same way.

All these stressors will increase the overall load, known as the “allostatic” load, which will be contributing to the fires of inflammation and oxidative stress in the body and brain.

- Complete the [Home and Work Chemical Clean-up](#)
- Complete the [Home and Work Energetic Clean-up](#)



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We also recommend intervening with targeted, natural solutions on the physical side, where needed, to reduce oxidative stress and inflammation.

This may include targeted plans to heal your gut, balance gut flora, optimize organ function, balance hormones and neurotransmitters, optimize mitochondrial function, address metabolic imbalances, like pyroluria, and support cleansing and detoxification.

We will be releasing free articles on these topics, soon!

3/ Lifestyle Interventions

Research has confirmed that lifestyle interventions, including the below, reverse and reduce the stress response and can support retraining the brain.

- [yoga practice](#)
- [gi gong.](#)
- [tai chi](#)
- [meditation](#)

Movement, weight training, and exercise are also very important for general health and reducing stress and should be gradually reintroduced to your health regime.

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Note: if your body is still programmed into a hyper stress response, high intensity exercise should be avoided; focus on weight training and low intensity exercise, like yoga, until your autonomic nervous system is rebalanced.

4/ Address your current relationships and cultural influences

As you heal from your emotional trauma, your emotions will lift, and you will not be resonating at the level you were before. This is where other people can become a problem.

Science has shown, if you spend time with people who have a lot of trauma, negative thoughts, and emotions, your own brain and body will become entrained to theirs, and this will hold back your own healing.

We've written extensively about "energy vampires", people or groups (cultures) that steal energy through covert or overt abuse and how to deal with them, in other articles:

[How to Deal with Energy Vampires and Detox Your Relationships](#)

[How to Deal with Cultural Energy Vampires](#)

It is important to spend time with positive people and expose yourself to inspirational stories about people, who have recovered from your particular illness or emotional trauma.

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5/ Getting Professional Help

We recommend exploring different types of therapies available for treating trauma by researching online, listening to patients and practitioners speak about the work, and reading books.

Just as we are all biochemically different, we are also psychologically different, so what may work for one person, may *not* work for another. There is an extensive list of resources at the end of this article.

You can also work with Niki one to one – [click here](#) for more information.

6/ Dealing With Emotional Detox Reactions

If you are truly healing from emotional trauma, be prepared to deal with the emotional “detox” reactions.

Just like we can have a physical healing crisis or “herxheimer” reaction, it is possible to have an “emotional” detox reaction. For more information, see:

[Healing Emotions: 7 Pitfalls of Dealing with Emotional Detox Reactions](#)

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7/ Understand the Scales Effect of Healing

With this added complexity of dealing with both mind and body approaches to health and well-being, it is more important than ever to understand the “Scales Effect” of healing.



Healing trauma and reaching abundant energy and health works like removing weights from one side of a set of scales. Each action, change, or approach we might take removes one fatiguing weight from one side of the scales, but the scales won't move back into balance, until the very last weight is removed.

Thus, it can appear you are making many concurrent changes for a long period before you get to THE final one, and then the scales suddenly move, and improvement is felt all in one go. It is like reaching a “tipping point” then a leap to abundant energy occurs quite fast.

This is the reason many people can mistakenly give up too soon. They may have done many approaches concurrently, but see little improvement for a long period before a large change.

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This applies to athletes, who feel like they have been training for months, perceiving no changes in their performance times, people trying to lose weight, as well as people trying to recover from a chronic illness over a long period.

Often, people give up, interfere with their plan (usually by over-controlling it), and end up going backwards on other approaches that were, in fact, supportive, so they put these weights back on the scale.

If they finally did do the one approach that would have provided the “tipping point,” it might not work, because the other approaches were abandoned too soon!

Remember: take a multifactorial concurrent approach to healing, be patient and NEVER give up!



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Work with Niki One to One



“I can't thank you enough for how you have helped Elizabeth over the past year. The improvement in her is staggering and I feel she is truly well now. She is thinking of taking a gap year next year and trips to goodness knows where. This would have been impossible last year. So thank you so much for giving her her life back and for giving my daughter back to me. It's been a tough few years but she is proof that with the right help, recovery is possible.”

Jackie C

[Read more about working with Niki](#)

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Professional Resource List

Other Resources

Talk therapy – [research has shown](#) that speaking to a non-judgemental, neutral, trustworthy person about a trauma can be very therapeutic. A good, trusted counsellor or psychotherapist may be able to fulfil this role.

Cognitive Behavioural Therapy has been found to be helpful for some people with chronic complex conditions. Referrals from your local GP are available.

Private specialists in chronic health conditions include the work of Dr David Mickel and Mickel Therapy available in the UK, USA and internationally

www.mickeltherapy.com

Neurolinguistic Programming (NLP) has been used successfully by clinicians, working with a range of chronic complex illnesses. NLP is a “brief psychotherapy”, used to retrain the brain and build new neural pathways.

For Chronic Fatigue, Fibromyalgia, Multiple Chemical Sensitivity, and Autoimmunity

UK/Europe:

Ashok Gupta www.guptaprogramme.com

Research: [Medical Hypotheses](#)

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USA/Canada:

Annie Hopper www.dnrs.com

Cognitive Behavioural Therapy (CBT) [research shows CBT](#) has been found to be useful for healing stress and trauma.

Hypnotherapy has been found to be [useful for resolving](#) emotional trauma.

Find a therapist at www.nationalhypnotherapysociety.org

Neurofeedback is a [promising treatment](#) approach for trauma.

Find a practitioner at <http://www.eeginfo.com/>

Acupuncture has been [found to be effective](#) for stress and trauma.

Find a practitioner at: www.aaaomonline.org

Family Constellations Therapy, originally founded by German Psychoanalyst Bert Hellinger, it is used by a number of major practitioners, who specialize in resolving inter-generationally inherited emotional trauma. It is a form of group therapy.

Learn more and find a therapist at www.hellinger.com

Dr Deitrich Klinghardt www.klinghardtacademy.com



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Trauma Incidence Reduction Therapy can be a very effective therapy for some. Find out more at www.TIR.org

Energy Psychology includes the Emotional Freedom Technique (EFT), which has been found to be [effective for post-traumatic stress disorder](#) and Thought Field Therapy (TFT), which has also been [researched for trauma](#) treatment.

Find a practitioner at www.energypsych.org. Many free resources are available online for EFT and TFT.

Eye Movement Desensitization and Reprogramming (EMDR) is [well researched](#) over the last 25 years as a treatment for trauma. Find a clinician at <http://www.emdr.com/>

Network Spinal Analysis (NSA) is a type of energetic chiropractic treatment, founded by Dr Donny Epstein, for energetic healing of emotional imbalances.

Find out more at <https://wiseworldseminars.com/>

Somatic Experiencing is the mind-body work of world-leading trauma expert, Dr Peter Levine, author of *Waking the Tiger: Healing Trauma*.

Find out more and find a practitioner at www.traumahealing.org

The Hoffman Process is a weeklong residential course for resolving unconscious programming from childhood.

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Find out more at <https://www.hoffmaninstitute.org>

Unleash the Power Within personal development course by Success Coach, Antony Robbins, for NLP based techniques and fire walking to help break through fears: <https://www.tonyrobbins.com/events/unleash-the-power-within/>

[Narrative medicine](#) enables patients and clients to understand what may be happening in their bodies by interacting with their practitioner, creating meaning and resolution to symptoms in the process.

A subcategory of this may be “knowledge therapy” as created by Dr John Sarno, as described in his book, “Healing Back Pain”, and Steven Ray Ozanich, “The Great Pain Deception.”

For panic attacks and anxiety disorders, “Self Help for Your Nerves” by Claire Weekes has been a best seller.