

# Healing Trauma Workbook

featuring Matthias J Barker  
and Frank Anderson



# Module 1:

IFS (Internal Family System) is a \_\_\_\_\_ model of the mind. (13:35)

Parts live in the mind, but they access and utilize the \_\_\_\_\_ to express themselves. (13:50)

We have different aspects of our personality that normally work smoothly together. Overwhelming life experiences bring stress and cause \_\_\_\_\_ within our internal system. (14:30) As a result, certain parts of us take on extreme roles in the service of \_\_\_\_\_. They are all about safety, boundaries and keeping the pain away. But our culture and society tend to pathologize them. (15:00)

**“The voice that sounds so malicious, it is actually part of YOU that is trying to help.”**

We’re often told by a typical mental health professional that we should get rid of the parts that we deem as bad – depression, for instance. This actually triggers the parts to get pissed and shut down. (18:30) There is no \_\_\_\_\_ or cooperation because we \_\_\_\_\_ the parts that need the help. (19:10)

With the IFS model, we see the internal \_\_\_\_\_ dynamic within a person. The same thing is going on internally that goes on in families. We all have different \_\_\_\_\_ just like in a family. Instead of hating them or getting rid of them, what if we love them for their inherent value, for their \_\_\_\_\_, not their effect? (19:56)

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Relational Frame Theory: the ways that we talk about the things that happen to us shape not just how we act, but how that story imprints on the \_\_\_\_\_.

We tell a story about that event to ourselves, and that also informs the story we write about the world around us. We can make alterations, not to the memory, but the way we \_\_\_\_\_ the story. We can frame the same behavior in a positive or negative light depending on the story that we write about. (24:20)

**“All the things we believe are in relation to other things.  
When you change one thing, you change the entire system of  
how things relate to each other.”**

There is a reason behind the story, it is not just about the story we tell ourselves. That’s the \_\_\_\_\_ and positive intention of the parts. Those stories are not random, they’re rooted in \_\_\_\_\_, safety and survival. (28:15)

When we start having \_\_\_\_\_ and curiosity, we start learning the deeper story. (29:13)

What happens when we’re drawn towards the extremes or pain? (38:00)

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It is common for people to compare traumas, but it is more about resonating with suffering – what draws us to people is \_\_\_\_\_. (40:20)

Our experience could have emotionally resonated exactly the same with what seemingly looks a lot worse. We can’t compare trauma – it is about the experience



## Module 2:

There is a range of reactions towards trauma – the same event doesn't affect people the same way. \_\_\_\_\_, intensity and \_\_\_\_\_ is a good framework to think about the definition and different types of traumas. (2:00)

What's the discovery of the ACE (Adverse Childhood Experience) Study ? (4:35)

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Acute stress disorder is caused by a single event, which people usually recover from typically within \_\_\_\_\_ days. For acute events, we just want to hold loving space for somebody, and they will naturally resolve their symptoms. (6:40)

When the trauma is repetitive, it becomes chronic PTSD. Classic symptoms of PTSD include: having intrusive imageries, \_\_\_\_\_, numbing and avoidance. If the symptoms last more than 30 days, you have a diagnosis of PTSD. (7:20)

**“Intellect is one of those things that can fill the void of emptiness.”**

What is often underneath the highly performative and intellectual parts? (11:25)

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**“The opposite of love is not hate, it is indifference.”**

**– Elie Wiesel**

What did you learn about the trauma caused by neglect?

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The violent part, has a different physiological root than the shutdown, avoidance and neglect. They are \_\_\_\_\_ sides of the pole of trauma, that are rooted in \_\_\_\_\_. The neglect piece is subtle, and harder to get to. (16:18)

People with neglected history don't seek out help, because \_\_\_\_\_ is what they know and used to. But we need to see the pain underneath, because even if it feels as if it is nothing, it has a profound effect. It takes a lot longer to get to the root of that problem. (17:40)

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How does the intersection of internal conflict affect us? (22:17)

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We're often unaware of the \_\_\_\_\_ conflict. When people seek out help from therapists, usually because there is something distressing, and we start with that distressing part. Often there are many other parts involved in the story, but people are not aware of it at the beginning. (24:10)







## Module 3:

### **“Trauma is carrying something that doesn’t belong to us.”**

Is there an end point for trauma? “Heal” the trauma implies there is an \_\_\_\_\_, but each environment brings us into deeper \_\_\_\_\_ with trauma in a fresh way. It makes us wonder if all the work has been done for nothing... (12:18)

Whatever part surfaces at that time, we can go through the steps to meet that part with \_\_\_\_\_ and acknowledge the \_\_\_\_\_ intent. (14:02)

### **“Trauma blocks love and love heals trauma.”**

The things that cause us the deepest pain matter the most to us. They hurt so bad because they’re the locus of \_\_\_\_\_. Pain and vitality are in the same domain. We have to face the thing that terrifies us in the deepest \_\_\_\_\_ of who we are. That part of me holding the wound deserves a voice, being nurtured, captured and brought home. (15:43)

We have the capacity to hold the pain. We all have healing energy or self energy. When we experience trauma, the \_\_\_\_\_ is not there; when we visit it later, we do have the capacity to be with that pain, like the parent to the child who is in pain. That’s what the healing journey is – \_\_\_\_\_ that place within, and building the capacity to hold that space for all of the pain. (19:00)

The source energy doesn’t experience human trauma. It is \_\_\_\_\_; we all have it and all have access to it. When we’re traumatized, the source within us gets protected, and our parts are left to deal with the overwhelming experience. (20:30) The whole journey is \_\_\_\_\_, and appreciating all the parts that have worked hard to protect the pain, so there is union between our source energy and our parts that endure the trauma. That’s the work of trauma. (21:35)

**“Trauma blocks, protectively, who we are from our source energy. It is that source energy that in effect heals it.”**

There is a \_\_\_\_\_ created inside when the trauma takes place, because as a result of living in the world, we have to come up with the best ways to deal with trauma, and push our pain away. To protect our source energy, our parts have to deal with trauma without it. Thus, parts are \_\_\_\_\_ at the source energy. (32:00)

Trauma therapy is reestablishing that \_\_\_\_\_ relationship, which trauma severs. Repairing the chasm created as a result of the trauma is what healing is about. Life experience creates the chasm, we don't do it intentionally. It is a factor of being a human in the world. We are here to experience adversity, have painful experiences, be overwhelmed, be hurt...that's part of the human experience. (37:30)

In a practical way, how do we access that source energy, inherent goodness, and healing capacity within? (43:06)

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Examples of reference places within me that show me I'm in *Self*... (51:40)

- 1st dimension: feeling a \_\_\_\_\_ movement through the body. It is a peaceful, calm power.
- 2nd dimension: feeling solid, strong but not \_\_\_\_\_. There is clarity, confidence and power.
- 3rd dimension: when accessing the spirit world. Being in a \_\_\_\_\_ state, and open to the energy beyond oneself.

What made you feel you're in *Self* and how did you identify that state?

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No one is in self energy all the time. The more time we spend there, the better our life goes. We do whatever we can to spend as much time there. The \_\_\_\_\_ of when we're in it or not in it, is useful as we navigate our life. (01:07:00)

When we're in fear, we don't make the best judgements. We often draw trauma to us, instead of holding the capacity to be with it. When we're in anger, we tend to hurt people and lash out. When we're taken over by our parts or emotions, it doesn't lead to the best outcome. When we're in trust and in \_\_\_\_\_ with self energy, we can also be with a range of feelings. *Self* can be with feelings, in a way that feels aligned. Feelings and parts in self energy can \_\_\_\_\_. The \_\_\_\_\_ of emotion and self that is rich and whole. (1:10:58)

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# Module 4:

Studies on first responders during 9/11 found that a high predictor of someone's oscillation to PTSD symptoms was \_\_\_\_\_.  
The compounding effect of trauma has a huge impact on our response to trauma.  
(3:05)

People who have a similar past, can still take events in different ways. But it also has to do with \_\_\_\_\_ and personality temperament. (5:50)

What is the internal quality that moves someone towards healing and change? It is critical if you have felt \_\_\_\_\_ somewhere, that goes a long way, in this drive for betterment. (9:25)

Mother wounds seem to be harder than father wounds to heal, because that maternal presence teaches us how to \_\_\_\_\_ ourselves. We know from Developmental Psychology, that we construct who we are, what we are, from the \_\_\_\_\_ of our mother (primary caregiver)'s view on us. Those wounds can be hard to articulate. (09:58)

Identity formation happens in the context of \_\_\_\_\_ even if the source perhaps doesn't come from relationships, but it is certainly informed, and that's the necessary environmental feature for it to come into existence. (18:33)

Is there a need to attach to a therapist or a person that is the bedrock where the identity can grow?

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**“Relationship is primary to healing,  
and self-to-part relationship is also critical.”**

What is attachment wounding?

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Physiological places of trauma create different scenarios within the body. If one is hyper aroused, that shuts off the \_\_\_\_\_ and allows for too much emotion and too much physical sensation and no capacity to \_\_\_\_\_. (25:20)

The flip side is true with neglect, abandonment and insolation – in a state of over-inhibition, there is no access to thinking, feeling or physical sensation. (25:40)

The energy from a traumatic event can be trapped in the body. Because of human's capacity for language and high cognitive features, we are more prone to \_\_\_\_\_, analyze and hold in the stress, rather than just shake it off like animals would normally do. The internalization of energy is part of the traumatic world. (26:48)

**“Trauma can be stored in thoughts, feelings, physical sensations.”**

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What are the essential elements to healing? We talked about how we embrace those parts, blockages, and get permission from them to move forward. As they get relaxed after they're heard and seen, then there is more access to self-energy. Once

we have self energy, those protective parts have relaxed and the underlying core \_\_\_\_\_ usually will emerge. (34:45)

Ideally, IFS wants to get self-energy in relation to the wounded part which is buried by the \_\_\_\_\_ parts. We want to foster a relationship between *Self* and the \_\_\_\_\_. In IFS, there is the witnessing – let the part tell the self everything it is holding. (35:40)

The 2nd step is, once the part feels it is fully shared, and then there is a \_\_\_\_\_ or a \_\_\_\_\_ – let the self give the part what it needed, wanted, and never gotten. (36:35)

What's the drawback of Cognitive Interweave – replacing the negative cognition with the positive cognition?

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When processing bilateral stimulation is done appropriately, it is a transformation from the protective part that holds the \_\_\_\_\_ belief to self energy rising. It is not a replacement, but an \_\_\_\_\_. The processing of the negative cognition, which is in IFS words, the distorted belief of a protective part. (38:13)

Vulnerability and responsibility: when we share our vulnerable selves and we've been traumatized, we take on the belief of the \_\_\_\_\_, if the perpetrator doesn't take responsibility for their actions, which they usually don't. (42:15)

**“Kids will take responsibility for what isn't taken responsibility for  
- it is a natural instinct of children.”**

There is a way to process those distorted beliefs even when the perpetrator does not provide the corrective experience, we have the capacity to do a version of that when \_\_\_\_\_ is in connection and communication with the self. (48:30)







# Module 5:

Forgiveness can look very different pre and post-healing. There is a whole range of different experiences of forgiveness after one has released the trauma, compared to \_\_\_\_\_. Let's heal the wound first and then see what we want to do. Because then it is a whole different landscape relative to the \_\_\_\_\_. (4:00)

Why pursuing forgiveness before healing doesn't work?

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A typical response to forgiveness before healing is: \_\_\_\_\_. (07:47) Once the part of you that has been hurt is freed up from the hurt, that view changes – I'm good now, and I no longer carry that pain or hold resentment. If I'm good, I can let go of you and am open to different options. (8:20)

Once we've been with the pain, we're less \_\_\_\_\_ to the person who has hurt us. When we're expecting forgiveness from somebody else, we are still tethered to them and giving them power and control over what happened to us, which is a \_\_\_\_\_ of trauma. (13:45)

Letting go doesn't mean forgetting or justifying it. It is more about \_\_\_\_\_ – this happened, this is true and I'm not going to hold anything around it anymore because I have witnessed it, corrected the experience and released it. There is real freedom in letting go. I no longer give you control over fixing me or hurting me. I'm no longer affected. (14:25)

Boundary setting is a necessary step for healing. In order to heal, we need a level of safety. And oftentimes, to be vulnerable with oneself, we need to establish boundaries. Trauma is a \_\_\_\_\_ of boundaries by definition. (18:40)

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**“It can feel unsafe while setting boundaries is, in fact, creating safety.”**

Healing allows for holding complexity: when we're pre healed, we tend to keep that \_\_\_\_\_ mentality. When we are healed, there is greater capacity to hold the complexity. (21:37)

Every “victim” internalizes the perpetrator’s energy. When one is traumatized and being the recipient of the \_\_\_\_\_, one learns how effective that is and often utilizes it. If we begin to see the complexity in somebody else, it allows us to see the complexity within us too. (23:08)

What does our curiosity towards the villain tell us about ourselves?

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**“You will be blind to your shadow if you disavow the range within somebody else or polarize the bad in them and the good in me.”**

