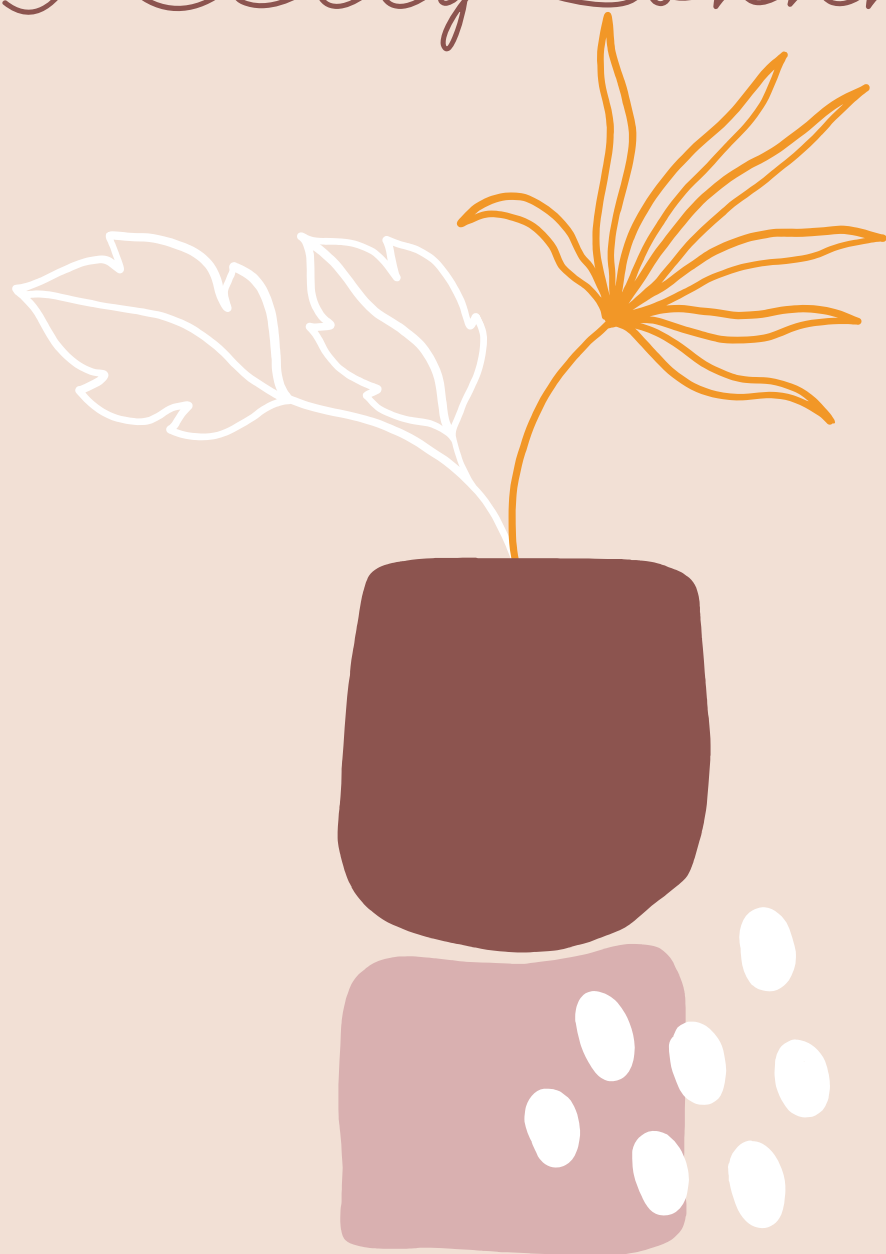


The Healing
Workbook
by Kelly Bohnhoff



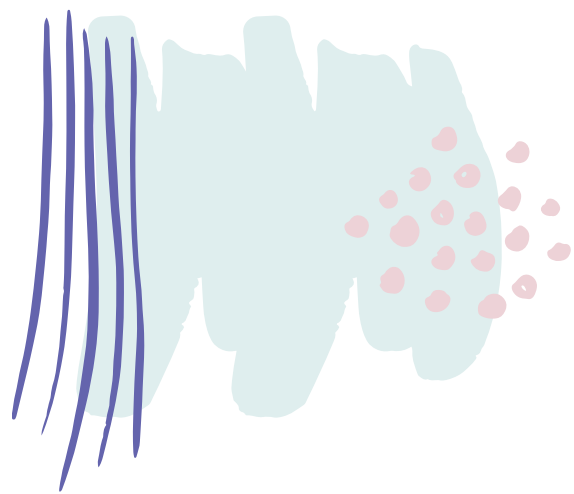


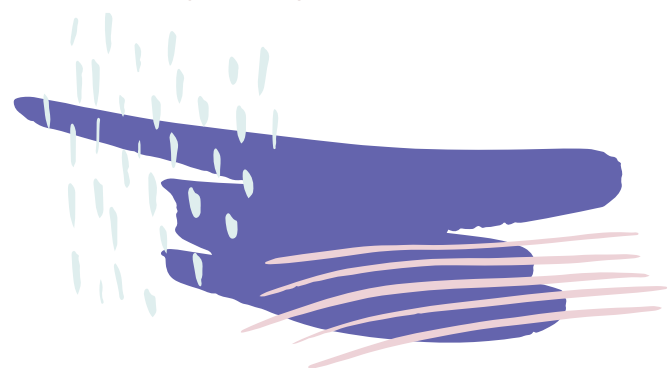
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“

With every act of self-care your authentic self gets stronger, and the critical, fearful mind gets weaker. Every act of self-care is a powerful declaration: I am on my side, I am on my side.

JANA HAGAN



The Healing Workbook



"Candle"
by Wanda Romans

Introduction

The Healing Workbook was created as part of presentation for the JuST Live Conference on October 9, 2020 entitled, *"In the Beginning: How Intergenerational Trauma and Traumatic Childhood Attachment Impact the Healing Journey."* The information was created in order to provide additional ideas, encouragement, and resources to survivors of human trafficking as well as those who serve this vulnerable population who may be experiencing compassion fatigue, vicarious trauma, secondary traumatic stress, and/or burnout while addressing the unique needs of this invisible and vulnerable population in our country.



The Healing Workbook is for informational purposes only. It is not intended to nor should it be used to diagnose or treat any mental health or medical conditions. The Healing Workbook contains resources and other materials that were used as part of the presenter's own healing journey and are provided only as a source of information and encouragement.

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Understanding the Impact of Intergenerational Trauma & Adverse Childhood Experiences

Enmeshment	Healthy Boundaries
Parentification: <i>You exist only to care for other people.</i>	Self-Care: <i>I receive care from other people and care for myself.</i>
Criticism: <i>You are never good enough.</i>	Self-Worth: <i>I am good enough. I like who I am.</i>
Possessiveness: <i>You must base your decisions on what makes me feel good.</i>	Autonomy: <i>I make independent decisions and think for myself.</i>
Helplessness: <i>You can't take care of yourself.</i>	Advocacy: <i>I ask for what I need.</i>
Unpredictability: <i>You are at the whim of my emotions and impulses.</i>	Trust: <i>I regulate my emotions and take responsibility for my behaviors.</i>
Rescuing: <i>You are entitled to special treatment.</i>	Collaboration: <i>I do my own work and appreciate the help of others.</i>

Key Insight:

In my own journey I discovered that I had been a part of an intergenerational pattern of trauma that I was completely unaware of. The negative and toxic communication patterns, dynamics, and interactions were the only thing I knew and were "familiar." There was no reason to believe that our family was any different from other families that we knew. Take a look at the table related to enmeshment and healthy boundaries (<https://www.alisoncookphd.com/enmeshed-family-6-signs-toxic-behavior/>). Does any of this information seem "familiar?"

Key Insight:

I was born in 1963 so the idea of adverse childhood experiences (ACEs) was not yet well understood. In my own lived experiences I can attest to the link between ACEs and chronic physical and mental health conditions. At the age of 38, I was diagnosed with high blood pressure, high cholesterol, major depressive disorder and PTSD which we now understand is complex (PTSD-C). In the life cycle entitled, "family in later years," it was discovered that I was also suffering from dissociative amnesia and metabolic syndrome. These conditions are currently monitored with my healing team (of which I need several members-haha). Understanding the link between ACEs and my physical and mental health conditions was an important insight for me as I continue to explore the best approaches to ensuring a mind-body-spirit balance in my own life today. If you have also experienced ACEs in what ways can you create a healing plan that includes self care for your mental and physical health?

ADVERSE CHILDHOOD EXPERIENCES – ACES

What are Adverse Childhood Experiences (ACEs)?
ACEs are potentially traumatic events that occur in a child's life:

Physical Abuse

Emotional Abuse

Sexual Abuse

Domestic Violence

Parental Substance Abuse

Mental Illness

Suicide or Death

Crime or Imprisoned Family

Causing lifelong medical, mental & social suffering

americanspcc.org
The Nation's Voice for Children
*Center for Disease Control



https://www.pinterest.com/pin/781444972829761129/?nic_v2=1a45EQHGX

The Mind

THE VOICE IN THE HEAD
TELLS A STORY THAT
THE BODY BELIEVES IN
AND REACTS TO.

THOSE REACTIONS ARE
THE EMOTIONS.

THIS IS THE VICIOUS
CIRCLE BETWEEN
UNEXAMINED
THOUGHTS AND
EMOTIONS, GIVING RISE
TO EMOTIONAL
THINKING AND
EMOTIONAL STORY-
MAKING.

ECKHART TOLLE

"The most common ego identifications have to do with possessions, the work you do, social status and recognition, knowledge and education, physical appearance, special abilities, relationships, personal and family history, belief systems, and often also political, nationalistic, racial, religious, and other collective identifications. NONE OF THESE IS YOU."

~ Eckhart Tolle

Key Insight:

As I began to wonder about how my thoughts and feelings were manifesting in my personal, professional, and volunteer relationships I found the teachings of Eckhart Tolle. His spiritual teachings about the egoic mind and its connection to feelings of "anguish" began an intense study of his teachings that I continue to this day. What I noticed in my own life was that my inner critic and perfectionistic thinking were "in the driver's seat" along with the roles that I had been playing in this lifetime in my own family-of-origin as the oldest daughter. I had also attached my identity to the many roles that I played (mother, grandmother, sister, daughter, wife, educator, nurse, therapist, volunteer, survivor, etc.), my education, physical appearance, belief systems, social status, and religious upbringing. What I discovered was that I am not any of those things at all (more on that in "The Spirit" section of the healing workbook). Once I understood how the "ego" was controlling my sense of identity and view of myself, others, and the world, my entire understanding of how I wanted to live my life shifted forever.

"Give up defining yourself – to yourself or to others. You won't die. You will come to life. And don't be concerned with how others define you. When they define you, they are limiting themselves, so it's their problem. Whenever you interact with people, don't be there primarily as a function or a role, but as the field of conscious Presence. You can only lose something that you have, but you cannot lose something that you are."

Eckhart Tolle



Reflection:

In your lived experiences across your many roles and responsibilities how have your thoughts and feelings impacted your day-to-day quality of life? Is your inability to "stop thinking" and constant negative emotions (fear-anger-worry-hurt-shame-anxiety, sadness, guilt, etc.) interfering with your ability to live, laugh, and love? If so, I encourage you to explore new ways of experiencing thoughts and emotions to improve your quality of life.

The Body



https://www.pinterest.com/pin/781444972829761129/?nic_v2=1a45EQHGX

There are two levels to your pain: the pain that you create now, and the pain from the past that still lives on in your mind and body. Ceasing to create pain in the present and dissolving past pain - this is what I want to talk about now.

Eckhart Tolle

PICTUREQUOTES.COM

The body shuts down when it has too much to bear; goes its own way quietly inside, waiting for a better time, leaving you numb and half alive.

Jeanette Winterson

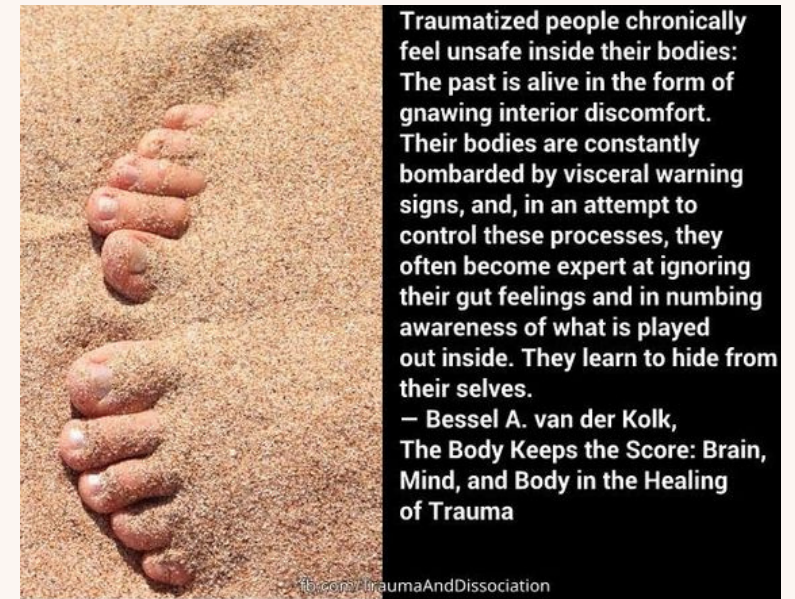
PICTUREQUOTES.COM

Key Insight:

I honestly can't remember a time when my physical body did not hurt. I have broken my neck, blown out a knee, experienced kidney stones, multiple urinary tract infections, multiple ear infections, colds/flu, bronchitis-to name a few. When I began to discover the idea of the "pain-body" the information resonated deeply with me. "The trauma caused by childhood neglect, sexual or domestic abuse and war wreaks havoc in our bodies", says Bessel van der Kolk in *The Body Keeps the Score*. I encourage you to read this book to have a better understanding of how toxic stress can manifest and "how to get through the difficulties that arise from your traumatic past by revealing the psychology behind them and revealing some of the techniques therapists use to help victims recover."-Bessel van der Kolk.

"Once you start approaching your body with curiosity rather than with fear, everything shifts."

- Bessel A. van der Kolk



Traumatized people chronically feel unsafe inside their bodies: The past is alive in the form of gnawing interior discomfort. Their bodies are constantly bombarded by visceral warning signs, and, in an attempt to control these processes, they often become expert at ignoring their gut feelings and in numbing awareness of what is played out inside. They learn to hide from their selves.

— Bessel A. van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

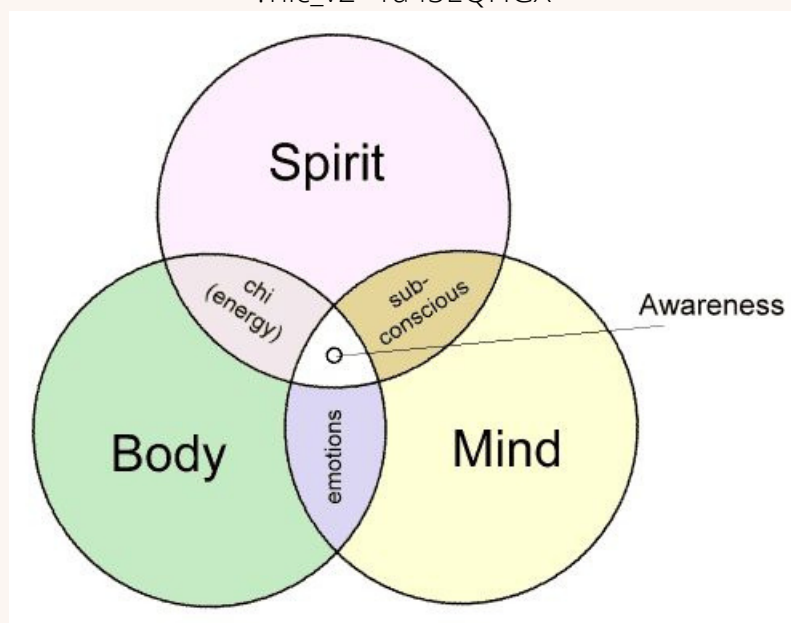
Once the pain-body has taken you over, you want more pain. You become a victim or a perpetrator. You want to inflict pain, or you want to suffer pain, or both. There isn't really much difference between the two. You are not conscious of this, of course, and will vehemently claim that you do not want pain. But look closely and you will find that your thinking and behavior are designed to keep the pain going, for yourself and others. If you were truly conscious of it, the pattern would dissolve, for to want more pain is insanity, and nobody is consciously insane.

Eckhart Tolle

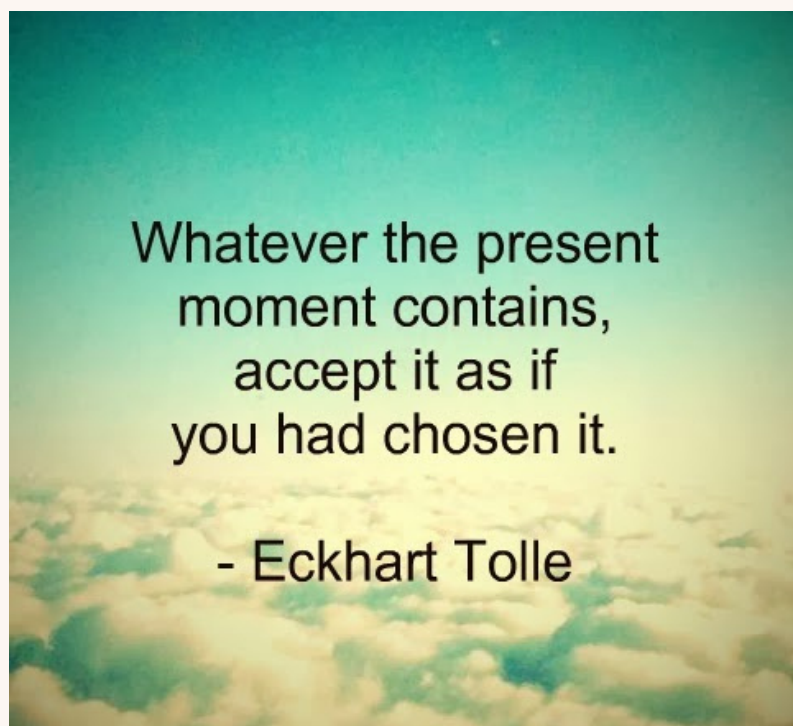
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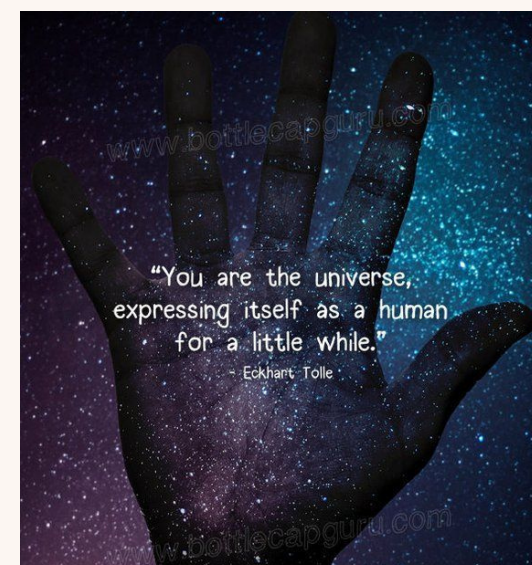
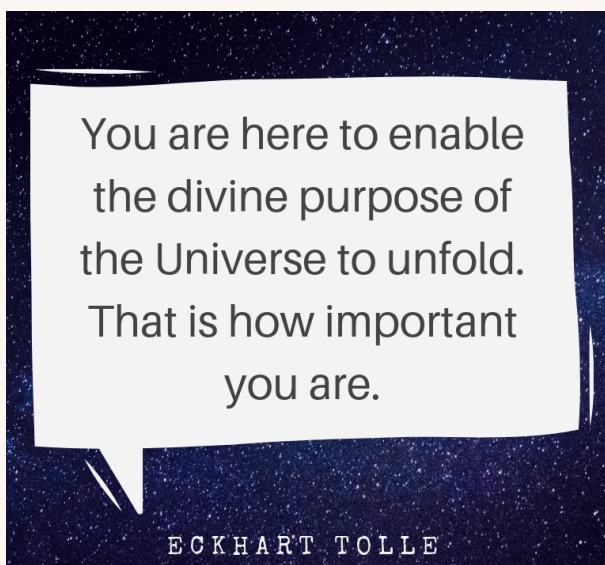
The Spirit



As a child, a person builds up an egoic sense - the child has a name, has an "I," has a mind. But then, to awaken, a person needs to completely transcend that sense of ego.

— Eckhart Tolle —

AZ QUOTES



Key Insight:

Once I began to understand the importance of the mind-body-spirit connection and the need to balance all three, I was better able to answer some fundamental questions. The first was, "Who Am I?", The second, "What has all this suffering been about in my own life and why does it continue in the world?", the third, "What is my purpose in this life?", and fourth, "How can I live a life filled with unconditional love for myself and others?" As I continue to explore my own lived experiences everyday with a sense of humor, curiosity, wonder, joy, safety, gratitude, and an understanding of my true identity, the unconditional love for myself and others naturally manifests.

The Unburdened Internal System

The Unburdened Internal System



The Self-led person looks and acts comfortable in her own being, interacting with others from integrated parts and awareness. Parts work more harmoniously together with fewer burdens causing them to overreact. Many parts may be released from protective roles, while others will effectively protect only when needed. Over time, the person is less easily destabilized and better able to recover from challenges in general. The inherent gifts of each part are more available, weaving in and out consciously. A Self-led person brings an abiding sense of curiosity, acceptance, and openheartedness to their relationships, naturally inviting others' Self energy to increase. Self energy flows seamlessly within a person, with a sense of connectedness to the Self energy that surrounds him.

Text by Mariel Pastor, LMFT with Richard Schwartz, PhD
Original graphic by Jan Mullen LCSW
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Healing the System

You may recall in the presentation that I touched upon the elements of a "Burdened Internal System." Good News! Here is what an "Unburdened Internal System" might look like. Be sure to explore the following link to learn more about this model and how it may inform your healing plan.

Link:

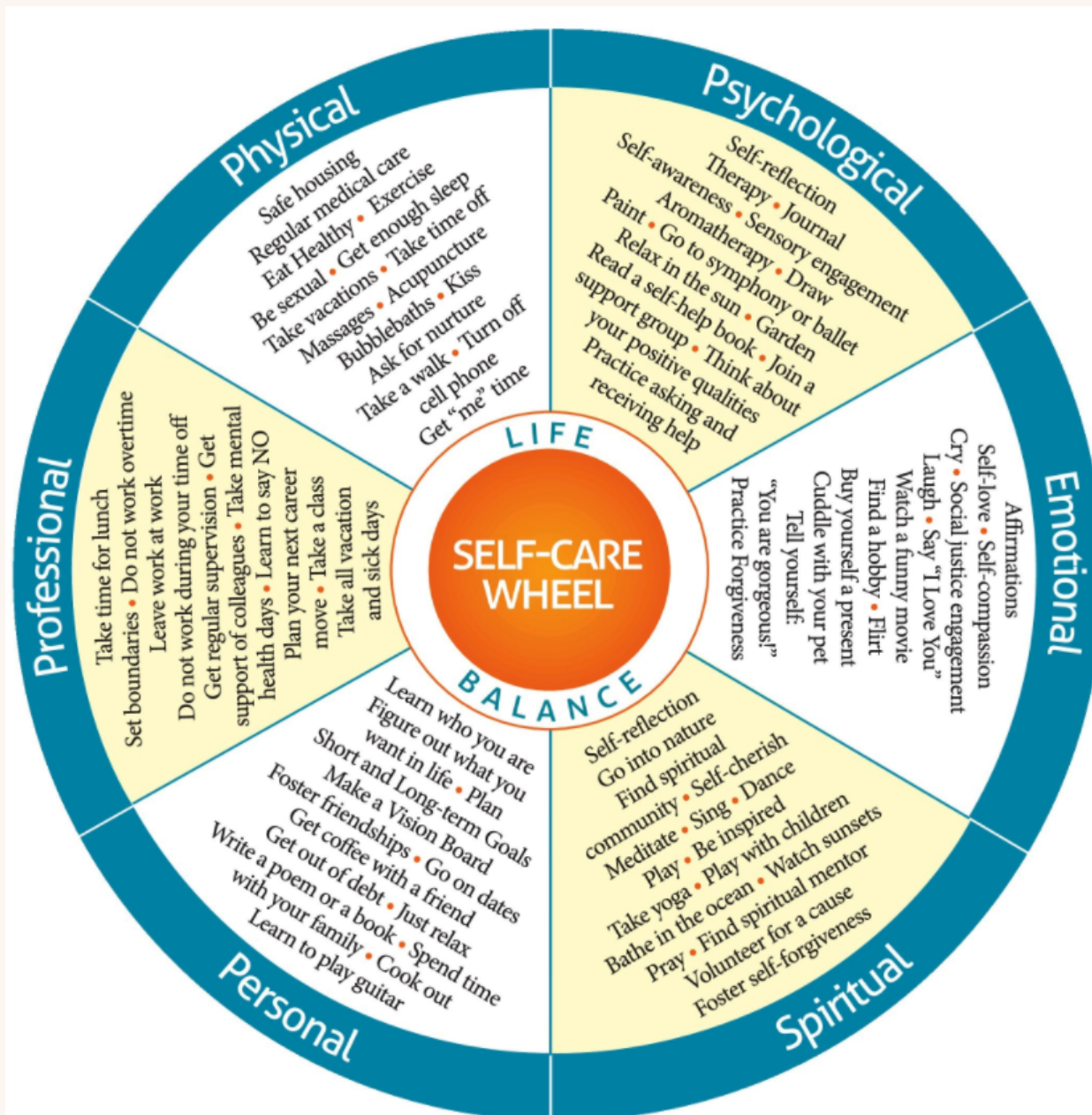
<https://pasterski.com/2018/10/internal-family-systems-meet-your-inner-family/>

"Talk to yourself
like you would to
someone you love."
— Brené Brown



Putting It All Together

Create your own Self-Care Wheel! Go to <https://unapologeticallysurviving.com/learn-more/self-care/> scroll past the Self-Care Wheel and follow the links!



self care checklist

TICK THE THINGS YOU'VE DONE RECENTLY OR WANT TO DO

- | | |
|--|---|
| <input type="checkbox"/> TRY SOMETHING NEW | <input type="checkbox"/> COOK YOUR FAVOURITE FOOD |
| <input type="checkbox"/> GO ON A NATURE WALK | <input type="checkbox"/> LIGHT A CANDLE |
| <input type="checkbox"/> MEDITATE | <input type="checkbox"/> WRITE DOWN THINGS YOU'RE GRATEFUL FOR |
| <input type="checkbox"/> MAKE A VISION BOARD | <input type="checkbox"/> COMPLIMENT A STRANGER |
| <input type="checkbox"/> CONNECT WITH FRIENDS | <input type="checkbox"/> DANCE TO MUSIC |
| <input type="checkbox"/> WATCH YOUR FAVOURITE TV SHOW | <input type="checkbox"/> EAT NOURISHING FOOD |
| <input type="checkbox"/> HAVE A LONG NAP | <input type="checkbox"/> GO TO A WORKOUT CLASS |
| <input type="checkbox"/> GIVE YOURSELF CREDIT | <input type="checkbox"/> TELL YOURSELF "I LOVE YOU" |
| <input type="checkbox"/> PRACTICE DEEP BREATHING | <input type="checkbox"/> TAKE A BREAK FROM SOCIAL MEDIA |
| <input type="checkbox"/> CUDDLE A PET OR HUMAN | <input type="checkbox"/> BUY SOMETHING THAT MAKES YOU FEEL GOOD |
| <input type="checkbox"/> TAKE YOUR MEDICATION | <input type="checkbox"/> READ A BOOK |
| <input type="checkbox"/> PLAN A FUN DAY OUT | <input type="checkbox"/> SAY YES TO SOMETHING FUN |
| <input type="checkbox"/> CALL A FAMILY MEMBER | <input type="checkbox"/> DECLUTTER YOUR LIVING SPACE |
| <input type="checkbox"/> DO SOMETHING FOR SOMEONE ELSE | |
| <input type="checkbox"/> WRITE IN A JOURNAL | |
| <input type="checkbox"/> LISTEN TO A PODCAST | |

<https://unapologeticallysurviving.com/learn-more/self-care/>

<https://aspirace.com/self-care-becoming-your-own-best-friend/>

15 Trauma Healing Goals - Symbolic Representations

1. Finding Safety 	7. Finding Life Shut Down to Having Vitality 	12. Brain Training
2. Self-Regulation Calming Down Activation to Calm Alert 	8. Using Our Five Senses Opening up and Connecting to the World Around Us 	13. Analysis Analyzing Our Reactions
3. Into the Body Dissociation to Grounded 	9. Finding Power Finding Will Learned Helplessness to Internal Locus of Control 	14. Reaching Higher Mind Reptilian Brain to Neocortex, Survival Instincts to Normal Life Ideas
4. Overwhelm to Simplicity 	10. Finding Self Shattered to Whole Retrieving Lost Parts of Self, Rebuilding Sense of Self 	15. Boundaries and Filters
5. Inner Child Healing Insecure to Secure Base 	11. Grief Healing 	
6. Finding Goodness 		

New-Synapse.com
Tools for Self-healing

<https://fineartamerica.com/featured/15-trauma-healing-goals-green-heidi-hanson.html>

Putting It All Together- A Few More Resources



<https://traumapartners.org/our-healing-process/>

Self-Care for Families

emotional ___ watch a good movie ___ write each other positive notes ___ verbalize and talk about feelings ___ draw self portraits ___ Say "I love you" ___ spend time writing ___ have a sing-a-long ___ tell jokes ___ try a new craft	physical ___ dance party ___ go for a walk ___ family bike ride ___ take a hike ___ play kickball ___ tag ___ roller skating ___ go to the pool ___ jumprope ___ kids yoga ___ wii fit games	spiritual ___ a gratitude list ___ go outside ___ talk about forgiveness ___ write thank you's ___ volunteer ___ spend time outside or with nature ___ practice positive self-talk ___ plant a tree
mental ___ read together ___ draw or write stories ___ kids meditation ___ find shapes in clouds ___ practice belly breaths ___ go on a walk to find new things ___ make vision boards ___ try Headspace for kids ___ create mandalas ___ make mindfulness jars ___ play mind strength games like memory	practical ___ clean up ___ declutter old toys ___ assign chores ___ make a grocery list together ___ learn about money ___ make a weekly budget check-in ___ make a weekly cleaning check-in ___ homework/study ___ have a morning & night routine	social ___ play in the park ___ call or visit relatives ___ have family dinner ___ play boardgames ___ host a sleepover ___ invite friends over ___ plan a bbq ___ join a team ___ do a neighborhood food drive ___ have talks about friendship and how to be a friend.

just stay curious

<https://leavenworth.armymwr.com/happenings/survive-thrive-self-care-resources>

ACTION CALENDAR: OPTIMISTIC OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Choose to be optimistic. It feels better" - Dalai Lama			1 Write down your most important goals for this month	2 Look for reasons to be hopeful even in difficult times	3 Take the first step towards a goal that really matters to you	4 Be a realistic optimist. See life as it is, but focus on what's good
5 Start your day with the most important thing on your list	6 Do something constructive to improve a difficult situation	7 Remember that things can change for the better	8 Make progress on a project or task you have been avoiding	9 Avoid blaming yourself or others. Just find the best way forward	10 Take time to reflect on what you have achieved this week	11 Focus on a positive change that you want to see in society
12 Look for the good intentions in people around you today	13 Put down your To-Do list and let yourself be spontaneous	14 Do something to overcome an obstacle you are facing	15 Look out for positive news and reasons to be cheerful today	16 Thank yourself for achieving the things you often take for granted	17 Share your most important goals with people you trust	18 Make a list of things that you are looking forward to
19 Set hopeful but realistic goals for the week ahead	20 Find the joy in completing a task you've put off for some time	21 Let go of the expectations of others and focus on what matters	22 Share an inspiring idea with a loved one or colleague	23 Write down 3 specific things that have gone well recently	24 Recognise that you have a choice about what to prioritise	Plan a fun or exciting activity to look forward to
26 Start the week by writing down your top priorities & plans	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Find a new perspective on a problem you face	30 Set a goal that links to your sense of purpose in life	31 Think of 3 things that give you hope for the future	

ACTION FOR HAPPINESS

Learn more about this month's theme at www.actionforhappiness.org/optimistic-october

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

<https://www.actionforhappiness.org/optimistic-october>

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