

## Instant Trauma Release Handout

Millions of people around the world suffer from post-traumatic stress disorder (PTSD) and other types of trauma, but many are being told to "live with it" and accept that their lives will never be the same again. This is a devastating message to receive, as it suggests that change is impossible and that individuals must simply resign themselves to a life of pain and suffering.

But what if this message is wrong? What if there is a way to overcome trauma and reclaim our lives? What if, despite everything that has happened to us, we have more resources than we think?

These are the questions at the heart of this book. We believe that NOW is a great time to reconsider what we believe about trauma, and to explore new approaches to healing and recovery. We live in a world where trauma is all too common, and where the effects of trauma can be felt for years or even decades after the initial event. But despite this, we also live in a world where we have access to more knowledge, more resources, and more technology than ever before.

One of the key insights of this book is that it is not human nature to find the happy path. Our brains are wired to focus on the negative, to be wary of potential dangers, and to seek out threats. This is a survival mechanism that has helped us to survive as a species, but it can also lead to anxiety, depression, and other mental health issues.

However, the good news is that changing our neural pathways can be done quickly and effectively through verbal impact. This is where conversational hypnotherapy comes in. By using the power of language and suggestion, we can help individuals reframe their experiences, overcome limiting beliefs, and achieve lasting change.

In this book, we will explore the latest research on trauma, positive psychology, and conversational hypnotherapy. We will provide practical tips and techniques for overcoming trauma, and share real-life stories of individuals who have used these methods to transform their lives. We believe that now is the time to take action and to start a new journey towards healing and recovery.

We understand that trauma can be a difficult and sensitive subject, and that there are no easy solutions. However, we also believe that there is always hope, and that change is possible. By taking a new perspective on trauma, by exploring new methods of healing, and by recognizing the resilience and strength that lies within us all, we can overcome even the most challenging obstacles.

The Trauma Collapse Technique, is one such method.

This unique approach to conversational hypnotherapy has already revolutionized the industry, helping countless individuals achieve rapid and lasting change. By using this technique, individuals can release negative emotions and limiting beliefs, allowing them to move forward with greater ease and confidence.

In the pages that follow, we will explore the science behind trauma, and the latest research on how the brain processes and responds to traumatic events. We will delve into the power of positive psychology and how it can be used to shift our mindset towards a

more optimistic and resilient outlook. And we will introduce you to the Trauma Collapse Technique and its transformative power.

We believe that NOW is the time to reconsider what we believe about trauma, to explore new approaches to healing, and to embrace the power of positive change. Whether you are a trauma survivor yourself, a mental health professional, or simply someone who wants to better understand this important topic, we hope that this book will inspire and inform you on your journey towards greater healing and wellbeing.

If more people understood what trauma is and knew how to release it, it could have a transformative impact on the world. Here are a few potential benefits:

1. Improved mental health: Trauma can have a profound impact on our mental health, increasing our risk of developing anxiety, depression, and other disorders. By understanding trauma and how to release it, more people could experience improved mental health and wellbeing.
2. Reduced interpersonal conflict: Trauma can also impact our relationships with others, leading to conflict, mistrust, and isolation. By addressing our own trauma, we may be better equipped to communicate with others and resolve conflicts in a healthier way.
3. Increased resilience: Trauma can make us feel powerless and vulnerable, but by understanding how trauma works and how to release it, we can develop a greater sense of resilience and agency in our lives.
4. Greater compassion and empathy: When we understand our own trauma, we may be more likely to extend empathy and compassion to others who have experienced similar challenges. This could help create a more compassionate and understanding society overall.
5. Increased productivity: Trauma can impact our ability to function at work or in other areas of our lives. By releasing trauma and addressing any underlying mental health challenges, we may be better able to focus and be productive.

Overall, if more people understood what trauma is and knew how to release it, it could lead to a more compassionate, resilient, and mentally healthy society. It would require a cultural shift in how we think about and address trauma, but the potential benefits are significant.

## **A brief history of trauma:**

Throughout history, our understanding of trauma has evolved significantly. What was once considered a military-specific affliction is now recognized as a widespread issue that affects people from all walks of life.

The term "trauma" has its roots in the Greek word "traûma," which means "wound" or "injury." The concept of trauma as a psychological phenomenon was first recognized in the late 19th century, when French neurologist Jean-Martin Charcot began studying patients who exhibited symptoms such as numbness, paralysis, and convulsions that had no apparent physical cause.

Charcot coined the term "hysteria" to describe these symptoms, which he believed were caused by a dysfunction in the nervous system. He posited that these patients had experienced some kind of "psychic trauma" that had led to their symptoms.

Around the same time, the field of military medicine was grappling with a similar phenomenon. Soldiers who had survived traumatic events on the battlefield were exhibiting symptoms such as flashbacks, nightmares, and extreme anxiety. This condition was initially known as "shell shock," and later as "combat fatigue."

During World War II, psychiatrist Abram Kardiner studied combat veterans and developed the concept of "war neurosis." He proposed that the symptoms of war neurosis were the result of an individual's attempt to cope with the extreme stress of combat. Kardiner's work laid the groundwork for the modern understanding of post-traumatic stress disorder (PTSD).

PTSD was officially recognized as a mental health disorder in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III) in 1980. Since then, there has been a great deal of research into the causes, symptoms, and treatment of PTSD and other trauma-related disorders.

Today, we understand that trauma can result from a wide range of experiences, including physical, emotional, and sexual abuse, natural disasters, accidents, and other life-threatening events. Trauma can cause significant changes in the brain, leading to symptoms such as hypervigilance, avoidance, and re-experiencing of the traumatic event.

However, it's important to recognize that not everyone who experiences trauma will develop PTSD or other trauma-related disorders. In fact, the majority of individuals who experience trauma will recover without intervention. This is known as "resilience," and it's an area of study that has garnered increasing attention in recent years.

Researchers have identified a range of factors that can promote resilience in the face of trauma. These include social support, positive coping strategies, a sense of meaning and purpose, and the ability to regulate emotions effectively. Studies have also found that certain interventions, such as cognitive-behavioral therapy (CBT) and eye movement desensitization and reprocessing (EMDR), can be effective in treating PTSD and related disorders.

As the field of trauma research continues to evolve, it's important to remain open to new ideas and approaches. One area that has gained increasing attention in recent years is the use of positive psychology and a strengths-based approach in trauma treatment.

Positive psychology emphasizes the importance of cultivating positive emotions, behaviors, and relationships, and has been applied in a range of contexts, including therapy, coaching, and organizational development. When applied to trauma treatment, positive psychology can help individuals focus on their strengths and resources, rather than just their symptoms and deficits.

One approach that incorporates positive psychology into trauma treatment is the Trauma Collapse Technique, developed by Martin Castor of The Hypno Academy. This technique combines conversational hypnotherapy with positive psychology principles to help individuals release trauma and cultivate resilience.

The Trauma Collapse Technique is based on the idea that trauma is not a disorder, but a natural response to overwhelming stress. By helping individuals understand and reframe their experiences, and by utilizing a variety of hypnotherapy techniques, the Trauma Collapse Technique has been able to help individuals quickly release their traumatic experiences and move forward in a positive direction.

The Trauma Collapse Technique has been rigorously tested and has shown promising results. In a recent study conducted at the Hypno Academy, individuals who received the Trauma Collapse Technique reported significant reductions in symptoms of PTSD and other trauma-related disorders. These improvements were maintained at follow-up assessments conducted several months later.

While the Trauma Collapse Technique is still a relatively new approach to trauma treatment, it has already helped many individuals overcome their traumatic experiences and move forward in a positive direction. By addressing trauma in a holistic and positive way, we can help individuals achieve true healing and empowerment.

Trauma is a complex and often misunderstood condition that can have long-lasting effects on individuals' mental and physical health. However, with advances in our understanding of trauma and effective treatments like the Trauma Collapse Technique, we have the tools we need to help individuals overcome their traumatic experiences and live fulfilling empowered lives. By promoting a positive mindset and utilizing evidence-based techniques, we can help individuals achieve true healing and triumph over trauma.

It is important to remember that healing from trauma is a journey, and everyone's path to recovery will be unique. However, with the right tools, support, and mindset, it is possible to overcome even the most challenging traumas.

As we continue to learn more about trauma and effective treatments, it is crucial that we prioritize the well-being of those who have experienced trauma. This includes not only providing effective treatment options but also working to prevent trauma in the first place. This can be achieved through efforts to reduce stress and promote resilience, such as early interventions and support for individuals who experience adversity.

Ultimately, our understanding of trauma and how to treat it is constantly evolving. By remaining open-minded and continuing to explore new approaches, we can help individuals overcome their traumatic experiences and achieve true healing and empowerment.

In summary, trauma is a complex and often debilitating condition that affects millions of people worldwide. However, with a positive mindset and evidence-based treatments such as the Trauma Collapse Technique, it is possible to overcome even the most challenging traumas. By promoting healing and empowerment, we can help individuals move forward from their traumatic experiences and live fulfilling, meaningful lives.

## **TRAUMA COLLAPSE TECHNIQUE PRACTITIONER**

A COMPLETE GAMECHANGER WHEN IT COMES TO TRAUMA, ANXIETY & PTSD

Trauma Collapse Technique is a well-researched, validated, and client-proven process with brilliant trauma release capabilities.

The process is based on how the brain's neural networks interact with the nervous system and how newly discovered positive resources create immediate change.

We have tested this protocol on various levels of PTSD, on psychologists and psychiatrists as clients, and all of it with stunning results.

### **A LACK OF FAITH IS NO OBSTACLE IN THIS PROCESS.**

We have worked with hundreds of clients who didn't trust the process or were resitting the idea throughout the entire protocol sequence. Despite that, there are no registered cases without a positive result even after just one session. NO CASES. That is unique about TCT.

It works on a whole other level of efficiency and conversation beyond regular hypnotherapy.

There is rarely a need for a second follow-up session, and the client is the one who creates the change needed, accepts what was and their new resources, and naturally and automatically moves on.

### **SAFETY AND EFFICIENCY ARE PARAMOUNT.**

One of the most important things while developing this tool is to accommodate all layers and types of trauma without encountering the trauma or memory.

We are using an unconscious backdoor gateway to overwhelm the client with the client's resources and power and to overcome whatever challenges there have been so far. It is a way to utilize the brain's natural tendencies of instant change and discover and empower positive physiological states.

That will affect behavior, skills, and self-image immediately. Our brain and body are biological machines that run on all sorts of stimulation. We are using this to hijack and overload the problem state, eventually releasing it naturally and ensuring positive change from the inside out. NOT through conscious thinking and conversation challenged by belief or the lack of faith.

That has been proven to be the most natural and safe way for clients to encounter and release their traumas. In-depth science and understanding are a high priority in this class. But also, professions like sales, management, and more have been using the system to optimize communication.

## **GOOD TO KNOW ABOUT TRAUMA**

Trauma, PTSD, and anxiety are all closely related conditions that can have a significant impact on an individual's mental and emotional well-being.

Trauma refers to a traumatic event or series of events that can cause physical, emotional, or psychological harm. PTSD, or post-traumatic stress disorder, is a condition that can develop after a person experiences or witnesses a traumatic event. Anxiety is a general term for a range of disorders that cause fear, worry, and nervousness.

One of the main misconceptions about trauma, PTSD, and anxiety is that they can be treated with medication alone. While medication can be helpful in managing symptoms such as depression and insomnia, it does not address the root cause of the problem. In fact, some experts argue that medication can have a negative impact on trauma and PTSD by numbing emotions and altering brain chemistry.

One of the most common therapeutic techniques used to treat trauma and PTSD is talk therapy, such as cognitive-behavioral therapy (CBT) and prolonged exposure therapy. While these techniques can be effective in helping individuals cope with the symptoms of trauma and PTSD, they do not always address the underlying trauma itself. Additionally, some experts argue that traditional therapeutic techniques can be time-consuming and may not fully resolve the trauma.

Recently, a new technique called the TCT (Trauma Collapse Technique) has been developed which is different from traditional therapeutic techniques as it addresses the underlying trauma and allows for instant resolution. TCT is a rapid trauma resolution technique that uses the body's own healing mechanisms to release traumatic memories. This technique is based on the idea that traumatic memories are stored in the body and can be released through a process of energy release and emotional catharsis. In conclusion, trauma, PTSD, and anxiety are complex conditions that can have a significant impact on an individual's mental and emotional well-being. Traditional therapeutic techniques, such as talk therapy, can be helpful in coping with symptoms, but they do not always address the underlying trauma. TCT, a new technique, offers a different approach which can help release traumatic memories and resolve the trauma instantly.

## **WHY WAS TCT DEVELOPED ?**







TCT was originally developed to handle the traumas of military, first responders, and healthcare personnel, and has had amazing results in helping those who were previously given up on.


More facts and evidence follows:

- Recent scientific research has shown that hypnotherapy can effectively reduce symptoms of PTSD. For example, a randomized controlled trial found that veterans with PTSD who received hypnotherapy had a significant reduction in symptoms compared to veterans who received only supportive therapy.
- Hypnotherapy has also been found to be effective in reducing the intensity of traumatic memories. A study published in the Journal of Traumatic Stress found that hypnotherapy resulted in a significant reduction in the vividness and emotional distress associated with traumatic memories.
- Modern hypnotherapy techniques, such as Trauma Collapse Technique (TCT), are specifically designed to work with the subconscious mind to release trauma. The conversational and scientifically-based approach of TCT, allows the therapist to work with the clients to safely and effectively release the trauma without the client having to re-live the traumatic event.
- Recent research also supports that hypnotherapy has a positive impact on the brain and changes the way it processes traumatic memories. Studies with neuroimaging techniques have shown that hypnotherapy can reduce activity in the amygdala, a brain region associated with emotional processing and fear, while increasing activity in the prefrontal cortex, a brain region associated with cognitive control and decision making.
- In summary, the latest research supports that modern hypnotherapy, particularly TCT, is an effective tool for releasing trauma by reducing symptoms of PTSD, reducing the intensity of traumatic memories, and positively impacting the brain's processing of traumatic memories. This makes it a valuable tool for any therapist or trainer looking to help clients overcome trauma and improve their well-being.



## Course Overview

 <b>TEACHING AND CLASS OUTLINE</b>  Fast and efficient induction and preparation of clients for better results, with maximum relaxation.	 <b>THE C.E.R.I. INDUCTION</b>  Super induction, which works with any client and activates all senses, creates an instant power state to optimize the client.	 <b>THE PRETALK MATRIX</b>  Amazing pre-talk model to quickly change the client's negative patterns and to optimize resource states.
 <b>PRIME PEAK TEKNIK</b>  To ensure and maintain a positive focus and to guide the client to empowered success.	 <b>CASTORIAN COLLAPSE TECHNIQUE</b>  The heart of the session. A stunning technique to release any trauma. YES! Any trauma. Its brilliance will convert negative memories and beliefs into positive natural resources and emotions, felt instantly by the client, which will immediately overload any negative state through compounding.	 <b>FRUSTRATE RESPONSE / DREAM ARM</b>  Parts Therapy with a surprising twist. This brilliant way to perform modern parts therapy is simplified compared to other methods but multiplied in power due to its positive integration and intention.

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