The World according to HBLU–The structure of a trauma.

There are several types of trauma
- loss
- violence
- physical injury
- threshold and history trauma

Threshold trauma is a series of traumas stacked up in the central nervous system eventually putting the system over "threshold" causing a chain reaction which sets off a panic attack. Panic attacks are caused by threshold trauma.   The panic attack is traumatic and sets off the fight/flight/freeze response where anything present in the environment can be associated with the memory and set off another attack. A anticipatory phobia develops because of the trauma of having another panic attack but the person having the panic attack actually believe the phobia is the environment, instead of the threshold trauma.

Rather than attempting to desensitize the person to the environment or the memory, HBLU clears the threshold trauma by finding the scene when you went over threshold and treating it with the proper protocol and tapping technique.

History Trauma refers to the traumatic reaction that people have to thinking about a particular aspect of their history. It is a form of threshold trauma. Once the body goes over threshold, the unconscious mind blocks the conscious mind from accessing traumatic memories. This repression is actually phobic and can cause symptoms such as insomnia, depression, anxiety, PTSD or compensating addictions.

For some like, veterans, medical personnel and first responders, the resistance to accessing traumatic memory is implanted during training. For others, dysfunctional family systems are at the root cause of the inability to access traumatic or repressed memories.

Based on the original text by Judith Swack PhD.

All trauma consists of multiple layers of negative emotions and limiting beliefs. These layers are systematically decoded, and treated using one of the many HBLU interventions.

If amends need to be made, or a grudge has formed, we address this at the end by going back to the moment of insult when a value you held dear was violated and you withdrew from the relationship.

Based on the original text by Judith Swack PhD.