

30<sup>th</sup> World Summit on **Psychology, Psychiatry and Psychotherapy**  
7<sup>th</sup> International Conference on **Addictive Disorders, Addiction Medicine and Pharmaceuticals**  
Annual Summit on **Pain Management - Opioids Drugs**  
September 19-20, 2018 | San Diego, USA

**Survivor complex post-traumatic stress disorder/serial child rape/torture/trigeminal neuralgia**

**Elizabeth Suzanne Karp**

Trauma-sensitive Consultant/Mentor/Educator, USA

Good-fit Cognitive behavioral therapy (CBT) or focused 'listening with love/not judgment' human(s). Asking the right questions. Clarifying faulty thinking. Meeting the client where they are. Psychiatrist/Competent GP: many of us may need medicine to help the brain calm/emotionally regulate to move into the world, function, work toward wellness. Mindfulness - safety and peace begin and are practiced from within: meditation, friendship, moving one's body, yoga, Nature, music, oxytocin boosting-authentic human connection, orgasm, playing anything in the right spirit, being kind to others, learning, art, dance, dogs, etc. Creativity, finding and using one's voice and movement in nature can help to transmute pain. ACT-acceptance and committed action daily (baby steps toward goals). Practice required. Somatic healing (PT, reiki, rolfing, dance, yoga). Touch...oxytocin...trust...human connection. Love and/or unconditional positive regard. Self-compassion. Defining family roles and systems. Emotionally supportive human connections. Unification of self through going deeper and pursuing the truth to align with authentic being. Piecing back SELF into a new and decidedly beautiful mosaic. Growing back into who I always was, learning about unity and knowing that real change happens from the depths of within. The ultimate goal of this process was to actively rewire my child-abused shaped neural connections in my brain (for TN, almost impossible), calm it down and allow new patterns, healthy reactions, and inner peace to grow in my brain and body. The following topics are covered with the real-world application: Cognitive neuroscience, Compassionate being Neurobiological regulation, Navigating trauma, Attachment/death of a parent Parenting after trauma in childhood, Complex-PTSD, Resilience, Mindful acceptance Child sexual abuse prevention, Social Justice Counseling, Human sexuality, Consent Language, Equality/Unity.

Elizabethkarp1@gmail.com