



Dr. Keesha
HEALING FROM THE INSIDE OUT

EMOTIONAL SHOCK PATTERNS

And How To Alleviate Them

It could be said that we are all in shock some of the time,
and many of us live in a state of shock all of the time.

What is **shock**?



Shock is a term often used interchangeably with trauma. This is an incorrect use of the term.

Shock is the pattern of emotion felt, nervous system response pattern, meaning created and resulting belief system and behavioral/perceptual pattern that is the result of a traumatic experience.

Trauma is the experience, shock is the resulting cascade of feelings, hormones, digestive changes, autonomic nervous system response that could be thought of as the ripple effect after a bomb is dropped and detonates.

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Like trauma, shock is a universal human experience.



Everyone experiences shock as it's a natural part of the cycle of human life.

The stored pattern of shock in your system allows you to evolve as you heal, to grow in compassion and wisdom as you learn what you are meant to learn from your challenging and traumatic experiences. As you learn to heal yourself, you can then help others heal.

It's important to pay attention to the speed in which you engage in this healing. Titrating to the nervous system, ego mind, and body's capabilities is essential.

When you re-trigger an old trauma pattern from childhood, you will go into shock as a way of protecting yourself from having to feel the whole range of pain this little one couldn't hold.

This is a way your mind and body protect themselves, but it's also a way you stay stuck in this old survival pattern and perpetuate a maladaptive processing response that eventually leads to chronic illnesses such as autoimmune and cancer.



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There are two types of shock

Made obvious by the two parts of your autonomic nervous system that responded when you were first traumatized:

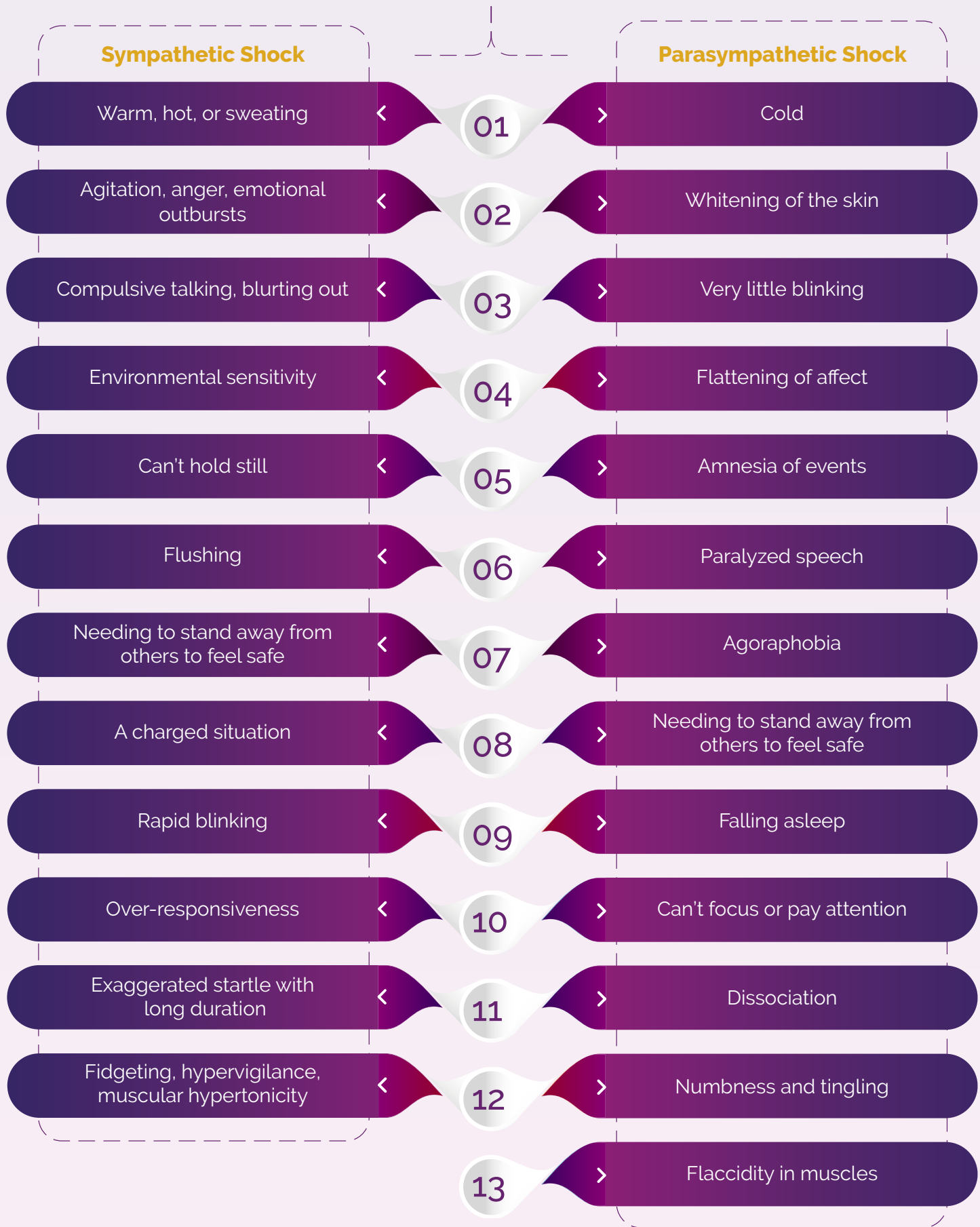
1


PARASYMPATHETIC

2

SYMPATHETIC

SIGNS YOU ARE IN





Some ways to heal

PARASYMPATHETIC SHOCK

1

Notice your desire to withdraw, sleep, zone out

5

Track the repressed feelings

2

Use a hot neck roll or heating pad to warm your system up

6

Make sure you self-modulate so as not to swamp yourself

3

Reclaim yourself through creative expression...sing!

7

Focus on the adaptive strategy that ensured your survivalt

4

Articulate your feelings to yourself or a safe "other" if available

8

Be willing to now acknowledge maladaptive processing and move to adaptive processing on the HURT Model



Some ways to heal

SYMPATHETIC SHOCK

1

Notice your pattern emerging and bring a loving presence to it

2

Go to your child self and let them know they are safe in the present with you

3

Track your HURT and notice the emotion that activated your shock

4

Use a cold pack on your neck and shoulders

5

Practice using techniques that bring quiet stillness to you. Slow down, engage in conscious breathing exercises, go for a walk in nature, journal, listen to calming sacred music

6

Set boundaries internally and externally with curious compassion



It's important to repair the impact shock has had on your body and mind throughout the years and also change your patterns of perception so shock is no longer necessary.

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The following are some of the skills Dr. Keesha teaches in her courses and retreats to achieve this goal of peace, equanimity, and autoimmune disease reversal:



- ✿ Track your HURT
- ✿ Create a Calm, Safe, Place within
- ✿ Inner child and attachment wounding healing
- ✿ Learn the meanings your child self created in response to trauma
- ✿ Track the behavior patterns that emerged as “adaptive” responses
- ✿ Discover the character styles, survival patterns and energy system these meanings, beliefs, and behaviors have codified as your personality
- ✿ Begin (with compassionate curiosity, grace, and patience) to unwind the armoring in your body, heart, and mind that has been built over the years
- ✿ Repair the damage to your adrenals, thyroid, hormone system, immune system, genetic expression, organ systems and reverse your autoimmune disease

When you go into shock the brain reverts to old patterns that are well established.

- ✿ Reverts to old habits
- ✿ Goes into survival mode (think survival energy patterns)
- ✿ Narrows its focus
- ✿ Remembers information differently
- ✿ Believes it won't survive without help (child parts come up)
- ✿ Looks for what is familiar from the "False Self" point of view



We want to shift these old patterns as there is a physiological aspect of shock that leads to disease over time. The areas of the body impacted are:

- ✿ Autonomic nervous system
 - Parasympathetic
 - Sympathetic
- ✿ The brain
 - How information is received, processed and stored
 - Perceptions
 - Memory
- ✿ The body's communication system
 - Skin
 - Spinal cord and brain
- ✿ Hormones
- ✿ Adrenal function
- ✿ Digestive system
- ✿ Immune system
- ✿ Organ systems
- ✿ Genetic expression

This is why I do genetic testing, adrenal and hormone testing, comprehensive stool testing, food sensitivity testing, and provoked heavy metals and environmental toxins testing on all of my patients when we start working together.

We want to work on all four corner pieces of the autoimmune puzzle at the same time: genetics, digestive health, toxic load and burden, and past trauma/current day stress. You can apply to be a patient here:

www.drkeesha.com/apply-to-become-a-patient



In the meantime, while waiting to start therapy, come to a retreat, and for the lab data to come back, one of the very best (and easiest and cheapest) things you can begin doing right away is learning to laugh. Laughter truly is the best medicine...and it's a wonderful way to learn to let go of the habit of shock.

- * Hold it all with lightness
- * Feel the healing impact of laughter
- * You cannot feel resentment and authentically laugh at the same time
- * Love and fear cannot co-exist
- * Allow laughter to act as a waterfall that washes over every cell of your system
- * Brings you into your prefrontal cortex...adult or angel brain

Dr. Keesha Ewers

Dr. Keesha Ewers is board certified in functional medicine and Ayurvedic medicine, a Doctor of Sexology, a trauma informed psychotherapist, family practice advanced registered nurse practitioner with a specialty in integrative medicine, a MAPS certified MDMA assisted psychotherapy therapist, a conscious dying doula, and the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Keesha has been in the medical field for over 30 years. After conducting the HURT Study in 2013 (Healing Un-Resolved Trauma), she developed the HURT Model for understanding how past childhood trauma impacts adult health. This led to the creation of the Freedom Framework that she used to reverse her own autoimmune disease and now has used to help hundreds of her patients do the same.

She created the [Healing Trauma Through the Chakra System](#) online program and the [You Unbroken](#) online program for patients to heal their own trauma and the Mystic Medicine deep immersion healing retreats she leads at her home outside of Seattle, WA.



*Therapies offered in packages in Dr. Keesha's practice include EMDR therapy, Brain Spotting, Somatic therapy, Attachment-Informed methods, Cognitive therapy, Internal Family Systems/Parts work, the Enneagram, MDMA Assisted/plant medicine assisted psychotherapy, and Expressive methods to help you experience relief. Alternatively or additionally, you can begin by engaging in the online healing program called [Healing Trauma Through the Chakra System](#).



Dr. Ewers is a popular speaker, including at Harvard and from the TEDx stage, and the best-selling author of *Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health*, *The Quick and Easy Autoimmune Paleo Cookbook: Anti-Inflammatory Recipes with 7 Ingredients or Less for Busy People*, and *Your Libido Story: A workbook for women who want to find, fix, and free their sexual desire*.



You can listen to her Mystic Medicine Radio Show
and find her programs at

www.DrKeesha.com

