

# Reprocessing Complex-Post Traumatic Stress Disorder

## At Home, Work, Etc. ...

**Complex-Post Traumatic Stress Disorder**, or **Complex-PTSD** is rarely recognized “on the radar screen” of Human Resource (HR) Departments. Nevertheless, it deserves to be thought of as ... **“The Silent Health Epidemic In Business (Which Travels from Work to Home All Too Easily)”**.

[**Complex-PTSD** ... def. ... prolonged or repeated exposure to trauma and causes a type of post traumatic stress that is more disabling and results in symptoms that are more numerous and often of greater intensity than those caused by “Regular” PTSD (a single trauma)].

Aside from the “Regular” PTSD symptoms of

1. Insomnia,
2. Panic attacks,
3. Flashbacks,
4. Anger or Depression,
5. Dissociation, and
6. Night Terrors ...



**Complex PTSD** also brings with it another list of warning signs that continue over time, intermittently OR continuously:

7. (Severe) **Withdrawal-Isolation**,
8. (Strong) **Distrust** of others,
9. **Loss Of Faith** (in Society and God)
10. **Persistent** Feelings of **Despair**
11. **(Profound)** **Depression**,



- 12. **Somatization<sup>1</sup>** Symptoms
- 13. (Sometimes) Suicide attempts
- 14. (Sometimes) Self-mutilation.

In Business<sup>2</sup>, **Complex-PTSD** can be (as it has been over the last 5 years), provoked across an entire nation by an **ongoing exposure to ECONOMIC STRESSORS**: viz., PEOPLE, PLACES, SITUATIONS, JOB LOSSES, HOME FORECLOSURES, PENSION LOSSES, FAILED OR BREACHED CONTRACTS, BRUTAL & EXPENSIVE LABOR NEGOTIATIONS, DEFICITS, PERSONAL & FAMILY PROBLEMS AND ISSUES, ALONG WITH ADDICTION PROBLEMS (Typical & Atypical addictions), THAT PUSH INTO THE WORKPLACE ... ALL OR SO MANY OF WHICH SEEM TO NEVER RESOLVE. These create ECONOMIC (or other) UNCERTAINTY and/or ECONOMIC (or other) THREAT and/or ECONOMIC (or other) DANGER.

In such cases no single, overwhelming traumatic event, which was instantly debilitating is involved. Instead, **Complex-PTSD's repetitive and seemingly inescapable nature** makes it active and more devastating than One-Time (Even Super-Severe) Trauma Events<sup>3</sup>. Most people simply have never had the opportunity or training to recognize **Complex-PTSD** in their organization. It could be said with accuracy that it is often in some places always written off as, "people aren't always in the best moods", and "sometimes life just sucks"! Historically, this disorder has been recognized as a specific phenomenon **only** in battle-weary soldiers or severe-

But these are **PTSD**. It is far, far neighborhoods and And if in reading to



incorrect "pigeonholes" for **Complex** more abundantly "around", (woven into) schools, factories and office cubicles.

this point, you have begun to get the idea

<sup>1</sup> somatization ... def. the conversion of anxiety into physical symptoms.

<sup>2</sup> And with only relatively minor modifications everything said here would apply to the personal life of an adult individual and/ **adult family with children...**

<sup>3</sup> ... And the fact that the events that comprise **Complex PTSD** are not very earth shattering either to the person suffering or to those around them observing unlike **Regular Trauma**, the phenomena tends to go unseen, wrongly labeled or identified; and so you have what might be called **Complex PTSD Blindness** in the majority of people in American society.

that **Complex PTSD** might be everywhere and everyday, happening to everyone in the course of life ... you would be right.

More than a few people object and we're among them, to "psychiatric-izing" the entirety of life. And given that the word "disorder" is one that is straight out of the lexicon of psychiatry, the reader could have the idea a case was being made here for the psychiatric analysis of every moment of everyone's day-to-day existence. But, that is not the case.

This essay comes not from psychiatry but rather from the realm of **Neuroscience**<sup>4</sup>. We are it's true, borrowing psychiatry's labels: "Post Traumatic Stress Disorder" and its "Complex" variation. However, the goal here is not to advocate the next drug or any next variety of "therapy". The breakthrough referenced below is entirely the result of discoveries in the new subjects of **Applied Neuroscience & Evolved Stress Immunity™ (ESI)** ...



def. "**ESI/Human TRUSTCraft™**" ...  
 "Skill acquired through experience in exercising the natural abilities inherent in one's own naturally functioning (human) brain". **ESI/Human TRUSTCraft™ is that voluntarily-iterated (repeated) exercise of natural brain abilities.**



Over the last 5 years and according to many, for the foreseeable future, due to the struggling world and national economy, **Complex-PTSD has become immediately relevant in for-profit organizations and among the people who staff and do business with them**. Possibly, more urgently it now appears not only in their top executives and employees BUT ALSO their clients, customers and marketplace-partners. Those very executives, marketplace-partners, employees, clients and consumers will have experienced repeated and chronic stress during

<sup>4</sup> **Neuroscience** def.: Any of the sciences, such as neuroanatomy and neurobiology, that deal with the nervous system.



A photograph of a woman with dark hair, smiling broadly, wearing a dark pinstripe blazer over a white collared shirt. She is holding a single blueberry in her right hand, which is extended towards the viewer. The background is blurred, showing what appears to be an office or professional setting.

### What is Evolved Stress Immunity™ (ESI)?

**Definitions:** **Evolved:** [Biology] developed by a process of evolution to a different adaptive state or condition. (**evolution:** a motion incomplete in itself, but combining with coordinated motions to produce a single action, behavior or set of behaviors, as in an organism); **Stress:** When (you feel) the demands being made of you exceed your resources to meet them; **Immunity:** the condition that permits either natural or acquired resistance (**resistance:** The capacity of an organism, a tissue, or a cell to withstand the effects of a harmful physical or environmental agent.) to disease or harmful environmental agent.

**ESI** is the vastly improved brain state wherein one's Resistance to Stress (in the strict sense of the definitions given above) becomes stronger and stronger and stronger: produced entirely by natural means using one's natural brain capacity exclusively. Changes in one's **ESI** can be noticeable within the first 10 minutes of applying **ESI Human TRUSTCraft™**. The first problem with all earlier efforts to do something about Stress began with the problem created by deciding that Stress was the same thing as **Regular PTSD** or **Complex-PTSD**, which is false! The second problem was to decide that life would be "normal" if "Stress" should or could or would "disappear" from human society. This remains to this very day as foolish a starting point as would be one that premised as realistic a completely bacteria-, germ-, virus-, or pathogen-free environment as a strategy to prevent disease. That will never happen. One can develop a very strong Immunity to Stress, which does, as the def. of Immunity states above, provide resistance to disease or harmful influences. Children as young as 12 years old can develop **ESI**. Seniors as old as 85 can as well and on their own, maintain it.

these harsh times. This affects client/customer “openness” to buy and partner openness to negotiate but also executive willingness and ability to coordinate management decisions and actions.

Repeated stress (the signature of **Complex-PTSD**) is actually MORE damaging than **“Regular” PTSD** from (even a) severe, one-time trauma.

Interperson, Inc. offers a Free 30-minute Briefing, Live By Telephone to HR professionals about how to recognize **Complex-PTSD** in their organizations, and how to spot not only **Complex-PTSD-impaired** executives and employees but help them spot **Complex-PTSD factors** in their personal lives. **AND IT TEACHES ALL OF THE ABOVE PLUS HOW TO END IT AND KEEP IT AWAY.**



**COMPLEX-PTSD RECOGNITION, AS WE TEACH IT, LEADS THE WAY, VIA A NON-PSYCHOLOGY, NON-PSYCHIATRY, NON-ANY-OTHER-OLOGY, NON-DRUG, NON-ADDICTIVE IMPROVED PERSONAL SKILL SET, WHICH WE HAVE NAMED “EVOLVED STRESS IMMUNITY™; WHICH HAS BEEN REPORTED BY PEOPLE TRAINED IN IT, IN BUSINESS AND FAMILY, TO FIRST REDUCE, THEN END **COMPLEX-PTSD** AND PREVENT ITS REOCCURRENCE.”**

STRESS ISN’T GOING AWAY ANYTIME, ANYWHERE. THE FAILURE OF MODERN “PYSCHOLOGY” ET AL, WAS TO DECLARE “BEING UNDER STRESS” AS UNHEALTHY OR “ABNORMAL”.

Anyone who understands Stress as the biological phenomena that it is, does **not** want it to go away! It would not matter if one did, it isn’t going anywhere. Stress is actually, how we stay alive.

**Stress is the brain alerting the rest of the body and any other person around us dependent on us for their survival, to be vigilant about the presence of Uncertainty and/or Threat and/or Danger.** No matter



how technology-rich modern and future societies become, they will never eradicate Uncertainty and/or Threat and/or Danger. Lots of products and services promise just this. And their purveyors are fools or lying or both.



What is true is that Stress and **Complex PTSD** were poorly differentiated and “treated” as though they both needed “treatment” and as though both were the same thing. And since the world of psychology and psychiatry had no solution to **Complex PTSD**, it ultimately, despite “studies” to the contrary, disdained all Stress as bad or evidence of being “mentally sick” or at least “mentally off”. And then, when that did not keep folks coming in for yet the next hour of insurance-covered therapy, the party line changed to: **“Stress is good for you because it is **good** to be under pressure!”** Which is just as unhelpful an analysis compared to the reality, as to say that being under Stress at any given time is the same as having a Stress-Producing-Trauma Problem as a result of a prior Stress event. These are separate even though they do intersect.

Life’s traumas shows up where and when they show up. The Stress Response is how we survive them. It needs to be controlled not killed.

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**Stress Response def:** (FROM WIKIPEDIA.ORG) ...

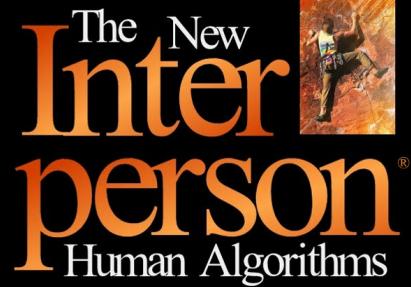


#### **Physiology of The Stress Response:**

Here are the Immediate Physical Reactions associated with a preparation for violent muscular action. These include the following:<sup>[4]</sup>

- Acceleration of heart and lung action
- Paling or flushing, or alternating between both
- Inhibition of stomach and upper-intestinal action to the point where digestion slows down or stops
- General effect on the sphincters of the body
- Constriction of blood vessels in many parts of the body
- Liberation of nutrients (particularly fat and glucose) for muscular action
- Dilation of blood vessels for muscles
- Inhibition of the lacrimal gland (responsible for tear production) and salivation
- Dilation of pupil (mydriasis)
- Relaxation of bladder
- Inhibition of erection

- [Auditory exclusion \(loss of hearing\)](#)
- [Tunnel vision \(loss of peripheral vision\)](#)
- Disinhibition of spinal reflexes
- Shaking



## Brain-Body Interaction of The Stress Response

A typical example of the stress response is a grazing [zebra](#). If the zebra sees a [lion](#) closing in for the kill, the stress response is activated. The escape requires intense muscular effort, supported by all of the body's systems. The [sympathetic nervous system](#)'s activation provides for these needs. A similar example involving fight is of a cat about to be attacked by a dog. The cat shows accelerated heartbeat, [piloerection](#) (hair standing on end, normally for conservation of heat), and pupil dilation, all signs of sympathetic arousal.<sup>[4]</sup> Note that the zebra and cat still maintain [homeostasis](#) in all states.

Animals respond to threats in many complex ways. Rats, for instance, try to escape when threatened, but will fight when cornered. Some animals stand perfectly still so that predators will not see them. Many animals freeze or play dead when touched in the hope that the predator will lose interest. Others have more exotic self-protection methods. Some species of fish change color swiftly, to camouflage themselves. These responses are triggered by the sympathetic nervous system, but, in order to fit the model of fight or flight, the idea of flight must be broadened to include escaping capture either in a physical or sensory way. Thus, flight can be disappearing to another location or just disappearing in place. And often both fight and flight are combined (hide), in a given situation.

The fight or flight actions also have polarity – the individual can either fight or flee against something that is threatening, such as a hungry lion, or fight for or fly towards something that is needed, such as the safety of the shore from a raging river.

A threat from another animal does not always result in immediate fight or flight. There may be a period of heightened awareness, during which each animal interprets behavioral signals from the other. Signs such as paling, piloerection, immobility, sounds, and body language communicate the status and intentions of each animal. There may be a sort of negotiation, after which fight or flight may ensue, but which might also result in playing, mating, or nothing at all. An example of this is kittens playing: each kitten shows the signs of sympathetic arousal, but they never inflict real damage.

## Behavioral Manifestations of The Stress Response

In the human fight or flight response in prehistoric times, fight was manifested in aggressive, combative behavior and flight was manifested by fleeing potentially threatening situations, such as being confronted by a predator. In current times, these responses persist, but fight and flight responses have assumed a wider range of behaviors. For example, the fight response may be manifested in angry, argumentative behavior, and the flight response may be manifested through social withdrawal, substance abuse, and even television viewing.<sup>[5]</sup>

Males and females tend to deal with stressful situations differently. Males are more likely to respond to an emergency situation with aggression (fight), while females are more likely to flee (flight), turn to others for help, or attempt to defuse the situation – '[tend and befriend](#)'. During stressful times, a mother is especially likely to show protective responses toward her offspring and affiliate with others for shared social responses to threat.<sup>[6]</sup>

## Negative Effects of The Stress Response in Humans

The stress response halts or slows down various processes such as sexual responses and digestive systems to focus on the stressor situation and typically causes negative effects like [constipation](#), [anorexia](#), [erectile dysfunction](#), difficulty urinating, and difficulty maintaining sexual arousal. These are functions that are controlled by the [parasympathetic nervous system](#) and therefore suppressed by sympathetic arousal.<sup>[4]</sup>

Prolonged stress responses may result in chronic suppression of the [immune system](#), leaving the body open to infections. However, there is a short boost of the immune system shortly after the fight or flight response has been activated. This may have filled an ancient need to fight the infections in a wound that one may have received during interaction with a predator. Stress responses are sometimes a result of mental disorders such as [post-traumatic stress disorder](#), in which the individual shows a stress response

when remembering a past trauma, and [panic disorder](#), in which the stress response is activated by the catastrophic misinterpretations of bodily sensations.  
... (FROM WIKIPEDIA.ORG)



Disorderly, **Complex-PTSD** occurs when the Stress Response “recurs later”, at a time when the Uncertainty and/or Threat and/or Danger (UTD) is not actually present physically but is being replayed in the brain. The “glass half empty/glass half-full” of this **replay effect** is that it IS also your most important survival mechanism: to generate repeats of **Stress Response Behavior** which saved you from a prior, real UTD that may be about to recur.

But, the disorderly replay can become persistent and “stuck”... As if Paul Revere could never stop riding around your block to warn you that “the British were coming”, such that he circled around it so fast that you could never get out of the driveway to get to the battle ... Or that he kept warning you about the invasion long after the ensuing battle was won (or lost) or over... A **Post-Trauma Experience Replays Even Though No UTD is Present; This CREATES DISORDER IN LIFE THAT SEEMS TO JUST GET WORSE AND WORSE AND WORSE!**

## Chaos In The Human Brain

The aforementioned disorderliness is actually well understood in an old-new science known as “Chaos”, which reports that as certain “systems” transition from orderliness to formless confusion they pass through a stage scientifically designated as “Chaos”, where a sort of pattern still exists; but the “pattern” changes, with increasing unpredictability. It is an interim stage. But that “interim” state



typically takes a very, very long time to completely fall apart into eventual, formless confusion.

In the human brain, Chaos functions as a feedback loop and perpetuates the **Complex-PTSD Stress Response** because the more of this interim state of Chaos which develops, the more your Brain is "disappointed" after expecting an orderly pattern to continue only to be shocked and surprised when the hoped for order persists not at all. From there the Brain recycles and re-issues chemical and electrical internal brain warnings, dictating the behavior of Run and/or Fight and/or Hide – – the behaviors of "The Stress Response".



As time goes on this Chaotic Pattern-Mutation-to-Non-pattern back and forth becomes permanent, viz., as **Complex PTSD**.

## Proper Analogies ... PTSD vs. Evolved Stress Immunity™

May I offer you a moment to stand back or sit back and think about what you've just read? The above pages say, in effect, "*In your whole life up to now, what you thought were just the ups and downs of 'being bored or anxious about' your day-to-day existence was not necessarily the way it had/has to be.*" And these pages also say, "*All that grief and hassle and apparently unavoidable annoyance and your reactions to it were also not unavoidable and life does not have to progress*



*that way.” And they say, “Without a genetic makeover or a special drug(s) or moving to a colony on Mars or the Moon, or living in just the right ZIP Code, hanging with ‘the right crowd’, the quality of your life and the lives of those around you at home or school or work can markedly change for the better because of a new skill set called **Evolved Stress Immunity™**.”*

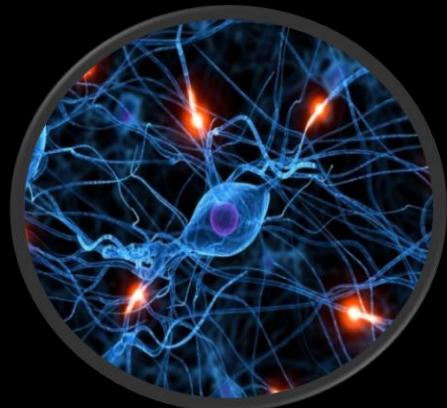


That is in essence what the pages above say. They say that. It is a different message. The pages say that it is the repeating after-effect of a prior moment of stress/trauma which did in fact occur at sometime earlier in the physical world, “playing back” within the brain even though no outside environmental event is current, that does the worst damage. These pages say that in particular, it is a type or moment of stress/trauma which is not explosive or sometimes can even go almost completely unnoticed, which does the greatest damage = **Complex-PTSD**. The pages say that, such repeating after-effects, accumulating, make life drag and make life fail and make life at times seem truly “horrible”, whenever it goes to any of those.

But it also suggests that by employing the techniques that build to **Evolved Stress Immunity™ (ESI)** that these **Complex-PTSD** repeating after-effects can be defused, deactivated, counteracted, and counterbalanced.

## First Analogy

Since these “playbacks” are the result of actual physical changes (literally, microscopic protein deposits) at a microscopic level at the junction between brain cells (called synapses), which took place at the time of the



original stress/**trauma** they are not able to be “erased” as some forms of therapy claim.



But, reducing their effect on day-to-day life to near-zero is much better analogized to the following: imagine a section of an urban area that has been blighted, and for the people who live within it, depresses them and makes for a very unhappy lifestyle, and being a slum, thereby encourages crime and deconstructs day to day existence into a lower quality of life for everyone stuck there.

Imagine then a forward thinking urban planning team in that city, which sets about creating other neighborhoods to which people can move, areas that are **not** devastated by age or neglect or poverty or crime and where the overall environment supports a higher hopefulness, expectation and therefore enthusiasm for life.



As regards initiating the reduction of **Complex PTSD**, this urban renewal example is a strong analogy for the **rewiring** of the connections between brain cells (neurons) which is brought about by employing the techniques which build to **Evolved Stress Immunity™ (ESI)**. When that kind of rewiring occurs unseen inside the brain those around the person to whom it is happened see a change in behavior and a change in attitude. In common language, observers would say that such a person had “changed his/her mind” about how they were going to live.

## Second Analogy

Another example: if you had once been scared to death by a barking dog in-your-face, say when 4 or 5 years old, the result



would tend to be hundreds of thousands up to tens of millions of brain cells (not a great deal when you consider the brain is composed of 100 billion neurons) **forever more** linked at that time, that will all but certainly replay later, the fear, the horror, depending upon how severe an experience it was, the abject terror of that moment, such as it would have impacted a 5-year-old.



Not necessarily always but at significant times, when you are around a different dog or dogs later in life, under entirely different circumstances, including dogs whose tails never stop wagging while each tries to lick your face eagerly in nothing but friendship, you could find yourself scared to death and not know why.

Despite claims by certain therapies to the contrary, “thinking nice thoughts or remembering happy moments, real or imagined about dogs” is a very temporary solution to **PTSD**. Doing so only slightly changes the brain memory trace of that earlier-created traumatic fear reaction; a trauma, which when experienced years afterward, is built entirely of the **repeating after-effects of playback within the brain**.

And while the second, scared-of-dogs analogy is about Regular PTSD, (post-trauma playback due to a **single, severely traumatic event**), the first analogy above, depicting long-term ghetto blight as analogous to the effects of **Complex-PTSD**, (with its no-one-aspect-utely-devastating-initiation point coupled with its far deeper and harder-to-reverse effects), reflects that **Complex-PTSD** is the **far more dangerous form of PTSD**. Furthermore, it is a far more widespread condition ESPECIALLY IN OUR CURRENT RECESSION-BOUND AMERICA and OUR RECESSION-BOUND WORLD!



The greater number of people have been subject to **Complex-PTSD** stress/trauma characterized by a steady droning assault by smaller Uncertainties, Threats and Dangers in their lives.

