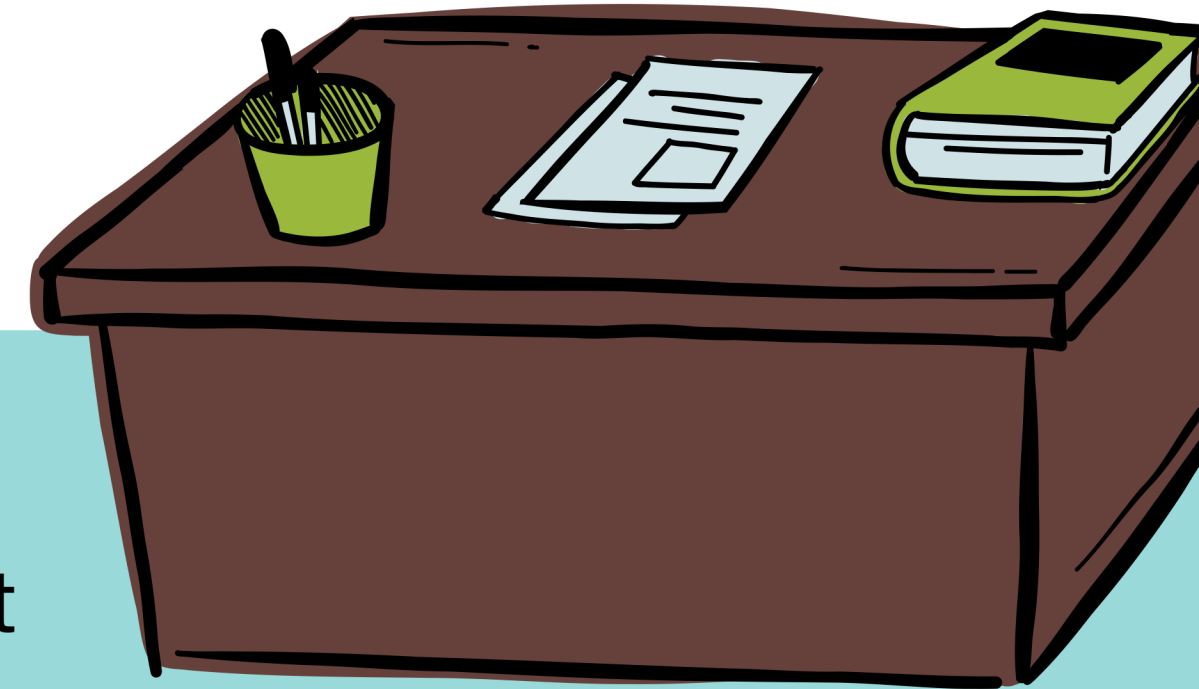
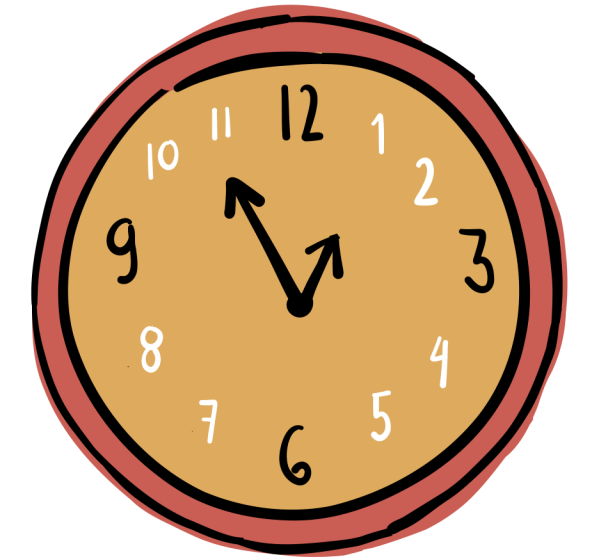


Welcome to

The course for **TRAUMA SURVIVORS** setting boundaries



Amy Fiedler

Certified Trauma Support Specialist
Certified Holistic Life Coach

What to expect in Module 1, Lesson 1?

Boundary Setting Basics for Trauma Survivors

- What are boundaries?
- Why do we need boundaries?
- Distinctions in setting boundaries
- Boundary setting: a nuanced discussion
- Why do we need boundaries if we have trauma?
- Downloadable PDF outline of Module 1, Lesson 1
- Supportive Downloadable Worksheets include
 - What is trauma, Fight/Flight/Freeze/Fawn Explained, BONUS fight or flight diagram.



What to expect in Module 1, Lesson 2?

How To Get Clear on What Your Boundaries Are?

- How to know you need a boundary?
- How to identify the value of your boundaries?
- How to understand the ripple effect?
- Identifying both the positive and negative ripple effects
- Downloadable PDF outline of Module 1, Lesson 2
- Supportive downloadable (fillable worksheets) "Identifying The Value" and "Identifying The Ripple Effect".



What to expect in Module 2, Lesson 1?

Getting To Know Why You Struggle With Boundary Setting

- What types of people struggle with setting boundaries?
- Defining people pleasing, codependency, the narcissistic spectrum, trauma, abuse, emotional immaturity.
- Why trauma survivors struggle to know what boundaries are?
- What struggles do trauma survivors commonly have with boundary setting?
- How do those struggles trigger a trauma survivor?
- Understanding common fears trauma survivors have
- How to reframe and move through those fears?
- Downloadable PDF outline of Module 2, Lesson 1
- BONUS video: "Partners to Trauma Survivors"



What to expect in Module 2, Lesson 2?

Common Excuses Trauma Survivors Make for Tolerating Disrespect

- Common excuses trauma survivors make for tolerating disrespect
- Common ways boundary setting is abused and misunderstood
- Common boundary misconceptions you might have after trauma
- What misunderstanding boundaries will result in?
- What types of individuals struggle with respecting other's boundaries?
- Downloadable PDF outline of Module 2, Lesson 2
- BONUS video: "Debunking Boundary Myths: Control, Freedom, Respect, Ultimatums"



What to expect in Module 3, Lesson 1?

Emotional Regulation

- What is emotional regulation?
- The skills you need to hone to emotionally regulate
- Identifying your trauma triggers: Healthy emotional responses vs Trauma responses
- Symptoms of trauma triggers
- Examples of trauma triggers
- Supportive downloadable (fillable) worksheets "Identifying Your Triggers" and "Examples of Triggers"



What to expect in Module 3, Lesson 2?

How To Self-Soothe + Regulate

- Understanding self-soothing and self-regulation
- Examples of self-soothing / regulation techniques
- The Personal Accountability Model
- How to set boundaries to enforce personal accountability and emotional responsibility?
- What is and is not your emotional responsibility?
- Understanding emotional projection
- Understanding blind spots
- BONUS video "Somatic Coping Techniques for Trauma Survivors"



What to expect in Module 4, Lesson 1?

Communicating Your Boundaries

- Healthy communication of your boundaries
- Common communication mistakes when setting boundaries
- Examples of what not to say
- Boundary Setting Formula
- Speaking from the "I" perspective
- Examples of what boundaries can sound like
- Supportive downloadable worksheet "Healthy Communication Tips" and downloadable scripts of what to say and what not to say when setting your boundaries



What to expect in Module 5, Lesson 1?

Upholding Your Boundaries

- What does it look like to uphold your boundaries?
- What to do or say when someone won't respect you?
- Examples of what to say and do to uphold and respect your boundary
- Difficult People Scales
- Examples of firmer ways to uphold your boundaries
- How upholding your boundaries influences your sense of safety as a trauma survivor?
- Why trauma survivors struggle with upholding boundaries?
- Why trauma survivors struggle with self-respect and self-confidence?
- Knowing your Exit Strategy
- Supportive downloadable (fillable) worksheet "Creating a Behavioral Profile" and "Creating Your Exit Strategy"



Your Instructor

Amy Fiedler



Qualifications

I am a Certified Trauma Support Specialist and a Certified Holistic Life Coach

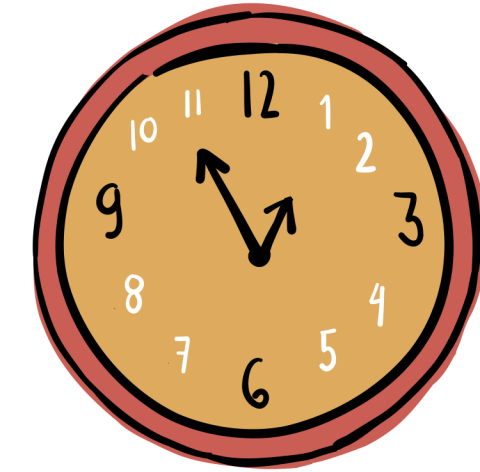
I am a Trauma + Abuse Survivor.

I know this struggle and journey on a personal level which allows me to speak on this topic in a unique way!

I am an advocate for Holistic health.

Unlike conventional methods, alternative treatments focus on the individual being a 'whole' and aim to seek balance between the different systems: body, mind, energy and soul. Holistic modalities saved my own life so sharing this information, guidance and process is a passion of mine!

Course Overview

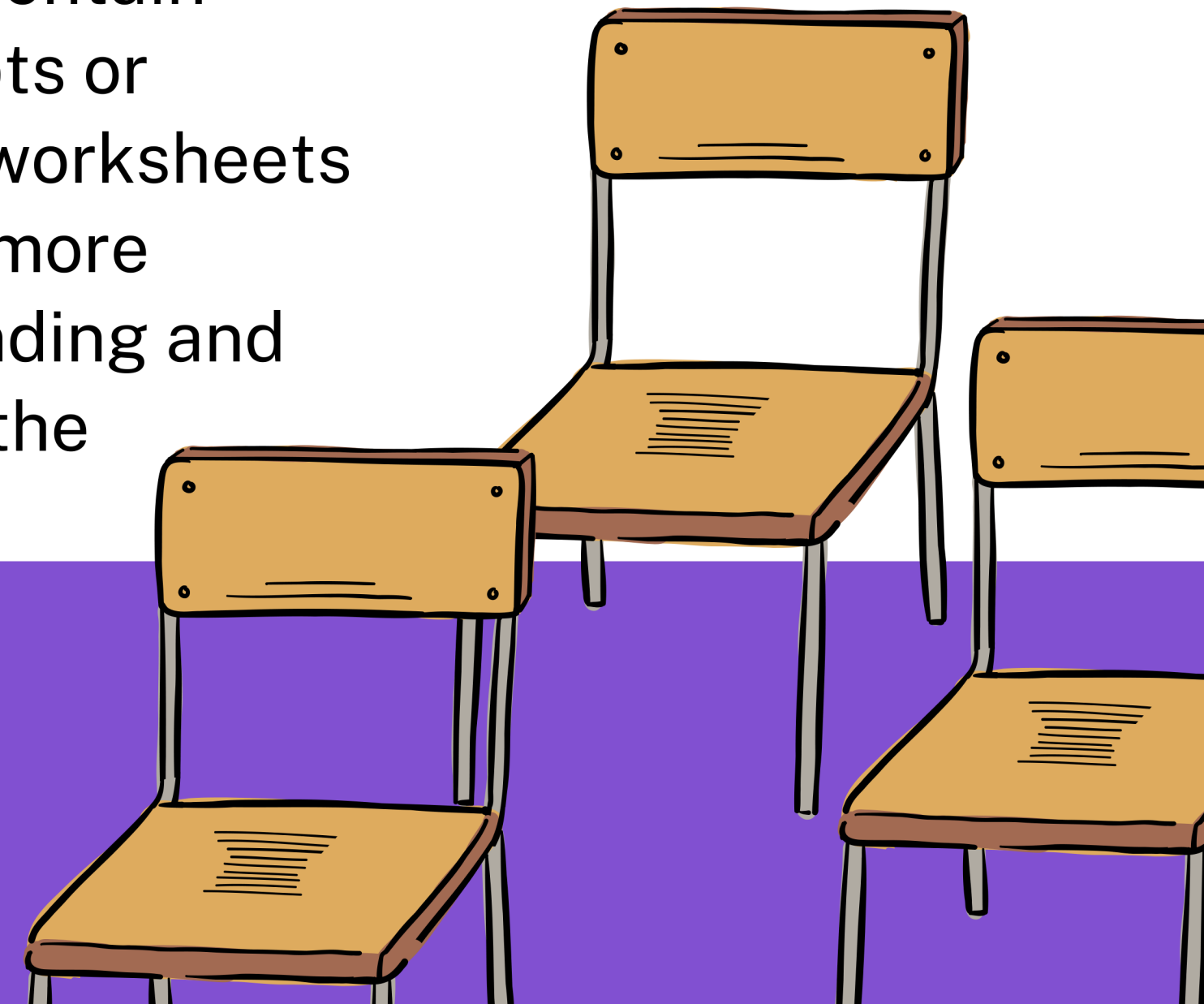


Video + Audio Lessons

Each lesson is short, simple and impactful. It contains video, audio and visual slides to reference and follow along with.

Downloadables

Some lessons will contain downloadable scripts or supportive fillable worksheets to support you in a more practical understanding and implementation of the information!



Course Objectives



Education + Awareness

I want you to understand the value of a boundary, why you've struggled with them, what triggers you and how to stop struggling so you feel respected no matter who you're around.



Implementation

I will provide you simple explanations, practical steps, real life examples and digestible guidance that will be easy to implement into your life & relationships immediately.



Feel Safe + Respected

You will walk away with the actionable steps to identify when a boundary is needed, cope, regulate, self-soothe and trust yourself in relationships. You'll be feeling safer, more respected and whole again in spite of the trauma you've once endured.

What you need for this course:

**Approx. 1 hour a day
(max)**

A notebook

Quiet space to reflect

**I know you're busy but eager
to learn!**

**Taking notes that
resonate will help you!**

**This is heavy, emotional
labor!**

- Short Lessons
 - to avoid information and sensory overload
- Simplified Learning
- Trauma-informed approach to social emotional (integrative) learning
- Utilizing multiple learning methods and teaching styles

The content in this course is deeply emotional and encourages you to think, feel and process while listening and digesting so taking notes on what pops out to you will be extremely supportive in the learning process.

We all process information differently but a universal truth is emotion needs space to feel seen, heard and validated. Eliminating distractions, excess noise, responsibilities (temporarily) will support your emotional healing.



Let's get started!

