

Trauma Recovery

Unschooling Every Family: Embracing Neurodivergent and Disabled Learners

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If at all possible, it's important to get trauma therapy from a licensed mental health professional who is trauma-informed and neurodiversity-affirming. PM [Delia](#) if you need help finding someone like that.

Coaches - FYI

Admin Note: Something to keep in mind for our members about Coaches. This is not a judgment of any member or coach. We trust you to find the help you need for your family.

There are coaches in the unschool and PDA spaces. They can be very helpful. Coaches may not be licensed mental health professionals. Coaching is not a substitute for therapy. When I see "help for trauma" on a coach's website, that raises questions for me. A PhD or Dr. in someone's name can be mistaken for a psychologist, when it could be a different area, like research or divinity.

Sometimes coaches are also licensed mental health professionals.

I found these videos, good explanations from a licensed mental health professional.

Ethics tied to being a licensed mental health professional. Coaches are not accountable.

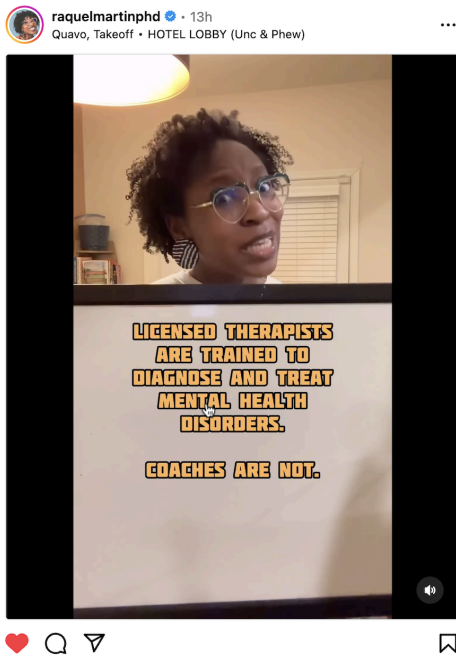
<https://www.instagram.com/p/CvbRjcEx3Kz/>

Coaches are not psychologists!

<https://www.instagram.com/p/CzHymSsjYD/>

Image Description: Instagram post by Raquel Martin PhD with an image of Dr. Martin's face making an urgent expression with side eyes. She is holding a sign that says "Licensed Therapists are trained to diagnose and treat mental health disorders. Coaches are not." Dr. Martin is a Black Psychologist and Licensed Mental Health Professional. She is also a professor, speaker and scientist. Video here:

https://www.instagram.com/reel/C7zR4KUu92p/?utm_source=ig_web_copy_link



Content Warning: Discussion of trauma and traumatic situations

Trans Lifeline, USA, at +1 877-565-8860

Fight, Flight, Freeze, Fawn, Dissociate

If you have trauma from any source, you may have Post Traumatic Stress (PTSD) or Complex Post Traumatic Stress (cPTSD). It's very important to have a safe, qualified person, like a therapist, a psychiatrist or a doctor you can turn to.

Memories of trauma, if not uncovered safely, can cause mental health crises. A crisis can be a panic attack, inability to sleep or eat, intense anxiety, sudden onset of a mental disorder, suicidal ideation, intense depression, dysphoria, "out of body" disassociation, confusion, trouble with perceiving reality, self-destructive impulsivity, etc. If you are experiencing intense symptoms, please call an emergency number, go to a hospital, have a loved one call for you, and/or call your doctor.

[International Suicide Hotlines - OpenCounseling](#)

Important: Trauma due to racism

[Dr. Raquel Martin-Psychologist on Instagram: "Check the origins of these terms yall. #mentalhealth #education #healing"](#)

[Some of my observations while having to help my patients heal from their previous therapists before even getting to the](#)


Dr. Raquel Martin

[Liberatory + Tranformative + Healing | Raquel Martin](#)

Your body is telling you the truth in a culture that asks you to pretend.

https://www.instagram.com/reel/DRRyWVnD2Tz/?utm_source=ig_web_copy_link&igsh=NTc4MTIwNjQ2YQ==

Therapist Interview

 [Questions for Therapists - interactive.pdf](#) - including vetting for understanding racism. If this content is helpful, please consider supporting the creator with a few bucks.

<https://ko-fi.com/raquelmartinphd>

[The Fawn Response in Complex PTSD | Dr. Arielle Schwartz](#)

<https://drarielleschwartz.com/the-fawn-response-in-complex-ptsd-dr-arielle-schwartz/#.ZBtyT-zMleU>

Depression

[Physiological Depression](#)

[What depression feels like](#)

[Andrew Solomon - About Depression](#)

Hypo (depression) or Hyper (anxiety) Arousal - Holistic approach

<https://www.facebook.com/theblacksheepsurvives/videos/544779244312558>

"You do not crave happiness. You crave homeostasis."

Small Traumas Add Up

People have a tendency to downplay trauma, think "it's not that bad", or think that trauma is only from the most extreme situations like extreme violence. Small traumas can add up over time. Situations that seem to be in the past can come back in the form of flashbacks and panic

attacks without warning. You can be having a nice lunch with friends and suddenly feel like you can't breathe and your heart is racing. You can have an argument with someone and not be able to sleep for days. You might think you are handling a divorce, a move, the death of a loved one, loss of a job, or a rejection well, and then suddenly you are crying and you can't stop. If you have any physical or emotional symptoms, please tell your doctor and have them refer you to a mental health professional.

Our group is not a substitute for medical care or mental health care. You can ask our group how to find care.

Memory

Why don't I remember my childhood?

<https://www.facebook.com/reel/1147941037357244>

Growing up around immature adults

https://www.instagram.com/reel/DOOtM3EEpAv/?utm_source=ig_web_copy_link

Trauma and Unschooling

Intentionally moving away from authoritarian parenting and authoritarian education can bring up memories of how we were treated as children both at home and in school. This is a natural part of the deschooling process. If bringing up memories is risky to your mental health, it's important to have professional support. You may need professional help from a neurodiversity affirming therapist. [How to get a Diagnosis / Find a Therapist](#)

You can learn and understand trauma recovery on your own if you are not in a crisis. It can be a bumpy ride. Be prepared that a crisis can happen unexpectedly.

Great comment about how it takes trauma recovery to fully embrace unschooling:

https://www.facebook.com/groups/unschoolingeveryfamily/posts/7546560625377340?comment_id=7549392751760794

Resources

Internal Family Systems IFS

Emerging therapy recommended by Neurodiversity Affirmative Therapists.

Internal Family Systems (IFS) - [No Bad Parts | IFS Institute](#)

Member

[▶ IFS and Neurodivergence - an IFS informed talk by Natasha Wilson](#)
[Understanding Autism Therapy Using the Internal Family Systems Model?](#)
[IFS for OCD?](#)

Recognizing your own needs: [PDF | NVCfeelings_needs.pdf](#)

Group post - Disentangling co-dependence from co-regulation

<https://www.facebook.com/groups/unschoolingeveryfamily/posts/7433040060062731/>

Books

[The Body Keeps The Score | Bessel van der Kolk, MD.](#)

[Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror | Herman, Judith Lewis](#)

Articles

[10 Ways to 'Reach Out' When You're Struggling With Your Mental Health](#)

[Adopted children let down by cash-starved schools, research finds | The Guardian](#)

[The Fawn Response in Complex PTSD | Dr. Arielle Schwartz](#)

[Trauma and the Fawning Response](#)

[☰ Depression from work or school - Is school just the place where we are conditioned to accept our lot in life to have boring and uninspired work that we have little control over? Learn to not blame yourself for institutional problems.](#)

[☰ How To Raise A Healthy Child When You're All F*cked Up](#)

Adoption and Reactive Attachment Disorder Blog

[Raising Devon: Caring for troubled children | Facebook](#)

▶ [Why attend NavRAD? Author/speaker Keri Williams shares what makes it unique.](#)

Facebook group

[T.I.P. Trauma Informed parenting | Facebook](#)

Healing by watching Bluey:

['Bluey' Is The Comfort Show I Didn't Know I Needed](#)

Member Comments

Member

I don't know about all cultures but as a latina who knows a lot of people from different cultural background...

What looks like them being successful is usually actually due to abuse, trauma and radical denial culture 🙄

BUT altho the techniques were often wrong, I am grateful for some of the outcome such as :
Being treated like the house maid made me a clean and responsible adult.

Not being entertained made me resourceful and independent.

Being held to impossible standards made me a hard worker and perfectionist.

Being snapped at constantly made me really good at reading other people and know to make them happy.

These may be useful skills but I can't even work or have a day without panic attacks. I constantly gaslight myself and I was depressed and sui*dal all my life.

I always thought I was never gonna be enough and that I was inherently bad/wrong.

That I could never accomplish anything in my life because I am a failure.

So you see, there is no perfect scenario.

You did your best, the past is the past.

Does your son have other ND friends?What else can you do TODAY to make tomorrow a better day?

You just keep doing your best ❤️

Member

We learn from infancy when our needs are not adequately met over time that we need to disconnect from ourselves in order to survive..it's an adaptive response. When we find ourselves in a situation we deem as traumatic we are less likely to feel trusting enough to share what happened...usually out of fear of not being believed and being heard with genuine compassion. It's not what happens to us but what happens inside of us that creates the trauma.

As parents, teachers, etc it's how we respond to our children and each other that essentially makes the difference.

Childhood Trauma is also:

- Not being seen or heard, needs are ignored or maligned
- Having a parent figure deny your reality
- Being told directly or indirectly you can't or shouldn't experience certain emotions
- Having a parent figure who can't regulate their emotions
- Having a parent figure that's focused on appearance
- Having a parent figure who does not model boundaries



Image Description: Tweet by Ramblin Mama @ramblinma which reads
Moms: We are drawing. Help.
Everyone: Wow, you're a superhuman!
Moms: What? No. Can you just hel—
Everyone: I don't know how you do it!
Moms: We're not. Help us.
Everyone: OMG, you're amazing tho.
Three Eye-heart emojis

This is fawning. Fawning is a trauma response. It can result in needs being ignored. Both the person fawning and the person being fawned over.

Quote (Author unknown)

I'm noticing that the things that make me anxious are things I wasn't allowed to do as a child: asking for help, slowing down, making mistakes, needing attention.

Quote by Resmaa Menakem

Trauma in a person, decontextualized over time, looks like personality.
Trauma in a family, decontextualized over time, looks like family traits.
Trauma in a People, decontextualized overtime looks like culture.

Quote by @Crazyheadcomics

Habits that are beneficial to my mental health.

- Getting consistent sleep during the night and time to rest and unwind during the day.
- Setting healthy boundaries and asking for help if needed.

- Getting enough nutritious food.
- Fun exercise, like biking, skating, yoga, forest walks, dancing.
- Celebrating anything I can.
- Keeping things as neat and organized as possible.
- Creating routines that help make my daily life easier and less stressful.
- Socializing with friends and keeping in touch.
- Working through hard feelings with mindfulness.
- Going to therapy.
- Questioning my negative thoughts.
- Expressing feelings through writing, art discussion, or any creative pursuit.

Quote by J. Milburn

Guilt vs. Remorse (or regret)

“Feelings of remorse seem to come from a place of empathy. Whereas guilt seems to come from a place of fear and is more closely linked to shame. Genuine remorse cannot be faked or imposed by someone else, while guilt is often imposed by others and used to motivate people into compliance. Remorse is an internal process.”

Unlearning Parent Guilt

 Parent Guilt

Member

Oh, the parent-guilt! #TheStrugglesReal!

We can take a step back from guilt. There is enormous energy expended by adults to teach children to feel guilty or shameful so they can be manipulated. It happened to us at home and at school.

Can we put in the same energy to UNLEARN that adultism? Part of unlearning is knowing when we've been lied to, on purpose or not, ie “for our own good”. *eye roll*

One example of manipulative guilt is when our parents blamed our behavior for how it made them feel. “How could you do this to me?” It's especially a problem when our behavior was an attempt to get our needs met. Maybe they didn't know any better but we still learned to be guilty and now have to unlearn it. We were not responsible for our parents' feelings.

Guilt to me is only useful when I've made a bad choice and I realize it afterwards. Choices are something I can control so guilt will help me do better.

Since the word “guilt” has been poorly used to manipulate, I prefer to use the word “regret”. Regret is something I feel when I realize that choices I made, unwittingly or not, went against my intrinsic (internal) value system. Regret helps me examine my choices. Regret isn’t about anyone else’s value system, where guilt and shame often are. Guilt often says “what will so-and-so think of me?”, “how did so-and-so feel about that?” Shame is basically a fear of outright ostracism, which is such a primal survival fear for social mammals that we will go to great lengths to avoid it including lots of self-blame.

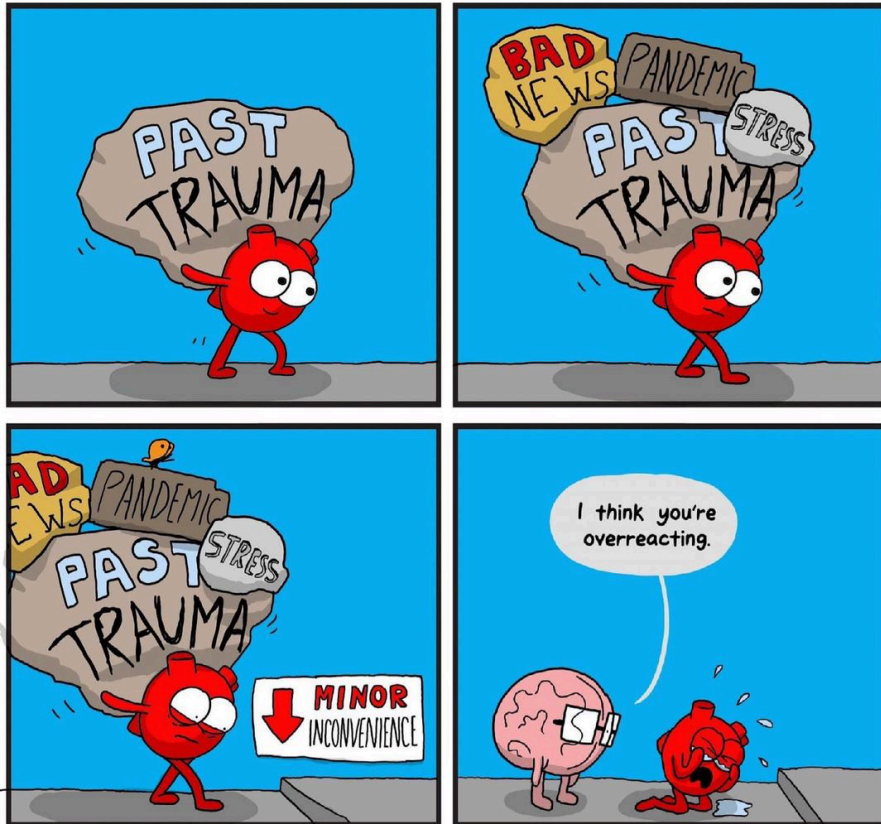
One trauma response is to turn every negative emotion into guilt. When I get angry, do I immediately feel guilty? That doesn’t help me process my anger. When I feel frustrated, do I feel guilty? When I feel tired, hopeless, cranky, in pain, etc., do I feel guilty? I try to push away that guilt, or at least demote it, and allow myself to feel and process the underlying emotions. What parts of the situation do I have control over and what parts are out of my control?

We might know someone who turns every underlying emotion into anger. Identifying and differentiating between feelings is an emotional skill. It takes practice and a sense of safety.

Have I made a bad choice? If yes, regret will help me. Mostly what I see are parents making good choices to nurture and protect their children the best that they can and then they feel guilt for something entirely out of their control.

I see parents who wish for better for their children (intrinsic values) and are frustrated (a more accurate feeling than guilt) that they don’t have solutions (yet). I see parents who are reaching out for help here, and will leave no stone unturned. Frustration is taxing!

I hope this explanation helps us to shed unproductive guilt and help us process underlying feelings. I hope that in shedding guilt, we will see our creativity flourish.



theAwkwardYeti.com

Image Description: 4-panel cartoon of an anthropomorphized heart walking. Background is bright blue. In the first panel, the heart is carrying a huge blob labeled “past trauma”. In the second panel, the heart’s load has grown by three blobs labeled, “bad news”, “pandemic”, “stress”. The heart is straining under the weight. In the third panel, there is a step in the path labeled “minor inconvenience”. In the fourth panel, presumably, the heart has fallen down due to the step and carrying too much. The heart is sobbing with tears collecting in a puddle on the ground. There is a cartoon of an anthropomorphized brain with glasses saying to the heart, “I think you are overreacting.” Cartoon by theAwkwardYeti.com

☰ Undue Influence - how mind control affects us.

[Tending Paths Post](#)


Sometimes we feel like we are falling apart...because we are.

When we feel the tension between what is and what ought to be...we might need to dis-integrate so that we can then re-integrate into a different version of ourself.

This process isn't pretty.

Just as the process of physical strengthening involves the tearing of a muscle and then healing...the process of emotional growth often involves a disintegration and re-integration.

For more on this process, check out Dąbrowski's Theory of Positive Disintegration. (The Dąbrowski Center website is a good place to start: www.dabrowskicenter.org)



The kindest thing
You can do for bullies
Is deny them the opportunity
To hurt you.

Image description: Black lettering on a sea foam to a light blue ombre background that reads "The kindest thing you can do for bullies is deny them the opportunity to hurt you."

Parents are tapped out and full of love at the same time!

https://www.instagram.com/reel/CvStpRTJPoY/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==

Parent Tax <https://www.facebook.com/share/r/17rcQFhGUj/>

Here they are 

1) Time.

Advocacy doesn't live neatly in office hours. It takes over evenings, lunch breaks and weekends - time that used to belong to rest, relationships, connection with your kids, or yourself.

2) The admin tax.

Reports, referrals, forms and follow-ups. Not just paperwork, but the emotional toll of repeatedly proving your child's needs are real.

3) Private routes.

Assessments, therapy, tutoring and support paid for out of pocket. Not extras for many families - essentials - and often at the expense of savings, holidays or financial security.

4) Money.

Lost income, reduced hours, unpaid leave, and constant unexpected costs. Financial pressure becomes part of daily decision-making, even when no one sees it.

5) Workplace impact.

Careers bend (and ultimately break) around school calls, exclusions, appointments and burnout. Progress slows, opportunities pass, and the cost compounds over time.

6) Emotional labour.

Explaining your child to teachers, family and professionals. Translating needs. Managing reactions. Carrying responsibility when others misunderstand or minimize.

7) Relationship strain.

Different coping styles. Unequal loads. Less energy for connection. Even strong relationships feel the weight when life becomes logistical and relentless.

8) Social loss.

Invitations fade. Plans become complicated. Friendships change when your family can't show up in expected ways.

9) The cost of "looking fine."

Masking - from your child and from you. Holding it together enough that people assume it's manageable, even when it isn't.

10) Health consequences.


Chronic stress, exhaustion and anxiety, with little time or space left to tend to your own wellbeing.


11) Future worry.

Thinking about education, independence, safety and adulthood far earlier than most parents ever have to.

12) The survival premium.

Extra planning, backup plans, recovery time built into life - just to make ordinary things possible.

Tell me - where have you noticed it most? 

 And just to be clear - I don't blame my kids for any of this. The costs come from systems that weren't built for them, not from who they are 