

# **The Crappy Childhood Fairy - Healing Childhood PTSD**

The Crappy Childhood Fairy's "Healing Childhood PTSD" is a program designed to help individuals understand and recover from the effects of childhood trauma and Post-Traumatic Stress Disorder (PTSD). The course provides insights into the impact of adverse childhood experiences on mental and emotional health, and offers practical tools and strategies for healing. Participants learn techniques for managing symptoms, improving emotional regulation, and developing healthier coping mechanisms. The goal is to empower individuals to overcome the lingering effects of childhood trauma and lead more fulfilling lives.

## **Healing Childhood PTSD**

Trauma in childhood does extra hurt than most individuals notice. The signs of Childhood PTSD are primarily neurological and physiological. CPTSD impacts the mind and, if left untreated, can destroy your life, profession, and relationships. Healing Childhood PTSD is on the coronary heart of what Anna teaches. Inside you may be taught the science, signs, and methods that assist heal the lasting results of early trauma. Uncover tips on how to re-regulate rapidly and cut back incidents of dysregulation earlier than it begins to dominate your life. Anna's methods are supposed to assist liberate you from self-damaging behaviors and hold you functioning within the current.

## **Questioning If This Course Can Assist You?**

Ever puzzled if dangerous issues that occurred to you in childhood are hurting your life at this time? I train individuals tips on how to acknowledge and heal the frequent signs that may develop because of abuse, neglect, and publicity to violence, habit, and poverty while you have been nonetheless a toddler. I'll present you sensible methods which will assist heal your mind, your well being, your relationships, and your life, so you may turn into your genuine self and revel in your life eventually.

## **Do You Have Childhood PTSD?**

**These 12 questions might help you identify in the event you've skilled these commons signs of dysregulation related to early trauma.**

- Do you've gotten bother regulating intense feelings, having outbursts of disappointment, or anger when it doesn't appear applicable?
- Have you ever struggled with despair, nervousness, or different psychological well being issues?
- Does a crippling feeling of worry generally maintain you again from expressing your self, taking motion, or being your actual self?
- Do your relationships have an unusually excessive quantity of arguing, or is there violence?

- Does the worry of abandonment, or of being alone, trigger you to remain in adverse relationships?
- Do you get clumsy at random occasions, tripping over issues or dropping issues?
- Do you've gotten bother staying current, or really feel bodily numb while you attempt to discuss your emotions?
- Have you ever discovered your self saying sure to intercourse, even while you knew it was harmful, hurtful to your self or others, or more likely to result in an STD or undesirable being pregnant?
- Do you smoke cigarettes, vape, or use meals, alcohol, or medication in an addictive approach?
- Do you are feeling that irrespective of how a lot a companion or pal tries to be there for you, you are feeling alone, unloved or unheard?
- After a giant emotional upset, do you generally really feel nothing?
- Do you discover individuals so triggering, that you just keep away from social conditions?
- Do you've gotten unexplained well being issues that appear to have no clear trigger?

### **What You will Be taught**

Take the course that has helped 1000's worldwide get well from the consequences of early trauma. Be taught the signs of CPTSD and tips on how to heal naturally. 1 Step One We begin with the fundamentals about Childhood PTSD, ACEs, and the way they will affect your feelings, your relationships, and your probabilities of discovering happiness. 2 Step Two Then we go deeper into the position of mind dysregulation in driving PTSD signs — with a complete Every day Apply of strategies that make it easier to re-regulate. 3 Step Three You will achieve actual methods and assist from the course group on Fb, to establish and rework self-defeating behaviors which might be nonetheless holding you again

### **Meet Your Teacher**

Anna Runkle is the founding father of Crappy Childhood Fairy whose widespread steerage for residing with Complicated PTSD may be discovered on her YouTube channel and web site. Anna is a trauma survivor (not a health care provider or therapist) who makes use of latest analysis and her personal expertise recovering from the consequences of childhood trauma to show a easy however radical method that helps therapeutic, whether or not you've gotten entry to skilled assist or not. For greater than 25 years, Anna has taught her strategies and rules to greater than 180,000 individuals around the globe. Anna lives along with her husband and two sons within the San Francisco Bay Space.

Able to Start? CPTSD suppresses your true nature. Discover ways to calm your triggers to start therapeutic naturally. Break the cycle and turn into the individual you have been really meant to be.

“I found this course while searching for childhood trauma and purchased it. It’s worth every penny. My life was hard as a child, and this course has brought me light, hope, and a set of tools to repair and be stronger going forward.” **Adam P. United States**

“My doctor told me that I am beyond help because of the abuse I endured in my childhood. In reality, I was receiving the wrong kind of treatment for the issues I have. I can’t rate the work that Anna does. She deserves a medal!” **Victoria M. United Kingdom**