

Trauma-Informed Eyes – Professional Workbook

This workbook is designed for professionals, educators, helpers, and leaders seeking to recognize complex trauma, religious trauma, and identity-based harm through a nervous-system lens. It integrates trauma science with survivor-informed context.

1. Trauma-Informed Orientation

Trauma-informed practice begins with understanding survival physiology. The goal is not to “fix” a client, but to understand what their nervous system learned.

2. Recognizing Religious Trauma

Religious trauma involves spiritual coercion, identity suppression, conditional belonging, and fear-based control. Professionals must learn to identify these markers without minimizing or pathologizing survivors.

3. Working with Identity-Based Harm

LGBTQ+ survivors raised in rejecting environments often carry profound shame-conditioning. This section outlines best practices for helping clients rebuild identity safety.

4. Nervous-System Literacy for Practitioners

Professionals learn how to identify collapse, hypervigilance, shutdown, fawn responses, and dissociative patterns in clients.

5. Integrating Lived Experience & Professional Boundaries

Ethically blending lived experience with professional insight strengthens attunement and builds trust. Learn how to use your own history responsibly.