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# WAYS TO HEAL CHILDHOOD TRAUMA

From Survivor, Author & Medium  
Kiersten Hathcock



# 5 Ways to Heal Childhood Trauma

As someone who repressed memories of childhood sexual abuse, I know first-hand that I didn't have to be conscious of what happened to me for the abuse to wreak havoc in my life. Especially during times of crisis, loss, and grief.

I was 40 years old when I started to remember what happened to me between the ages of 3 and 6. With this knowledge, I was able to connect the dots of my life to see how those deeply buried, subconscious wounds affected everything in my life.

Little did I know for most of my life, it's common to recover memories of childhood abuse when your own kids are the age you were when you were abused. But truly, the memories can surface at any time. In addition, research has proven that our subconscious—where deep childhood wounds are tucked away—drives 80 percent of our behavior. I thought I was making sound decisions, but I was operating from unconscious hidden pain. In other words, Little Kiersten was driving the bus.

Thanks to my intuitive gifts awakening when I was 36, I finally started to understand the important role of the subconscious plays in storing and healing past trauma. I hope what I share in this e-book helps you along your healing journey.

xo  
Kiersten

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**WAYS  
TO HEAL  
CHILDHOOD  
TRAUMA**

**NUMBER ONE**

*Hypnotherapy*

# Hypnotherapy

Here's a quick story about how hypnotherapy helped me release grief stored in my lungs.

## EXCERPT FROM LITTLE VOICES:

"I didn't even make the connection between my labored breathing and increased need to use an inhaler, and the childhood abuse I had just discovered. I figured I couldn't breathe because we moved from sea level to 7,000 feet elevation. And to be fair, I'm sure it had a little something to do with the elevation, but it wasn't until I sought help from a local hypnotherapist that I connected more dots.

The palms of my hands started sweating as I drove across town to Dr. Proiette's office. My anxiety calmed when I stepped through her front door to find a warm, light-filled home adorned with many plants. She led me into her peaceful but professional office. I took a seat in what appeared to be a massage-type chair that reclined.

My appointment with Dr. Proiette started with some casual conversation about life in general. I was comforted by her because she, too, is highly intuitive. I felt sure that she would be able to help me uncover more memories, but I didn't realize she would help me breathe a little easier after just an hour in her office.

The skeptic in me was blown away during my hypnotherapy session, where we brought subconscious memories to the conscious mind. I'd been using an asthma inhaler for what I thought was allergy and altitude related issues that sent me to the floor gasping for air after a very easy bike ride. None of what was happening made much sense because, when we lived in LA, I ran four days a week.

# Hypnotherapy

While I saw improvement with the inhaler, my lung capacity didn't improve as I had hoped. During our session, Dr. Proiette asked if I had lung issues. I was shocked because I hadn't said a word to her about it. After confirming that I did, she said, "After this, I believe you will see a big difference in your lung capacity." I was hopeful but still doubtful.

It was time to go back in time. Dr. Proiette pushed the lever that reclined my chair and explained what we were going to do. Suddenly, my anxiety was back full force but I took a deep breath and told myself to calm down. She was here to help me—there was nothing to fear.

I closed my eyes listening to her calming voice asking me to, in my mind, visualize stepping down a large white staircase, one step at a time. I did what she instructed and felt every part of my body relax. Once I got to the bottom stair, I was ready to learn more about what I endured.

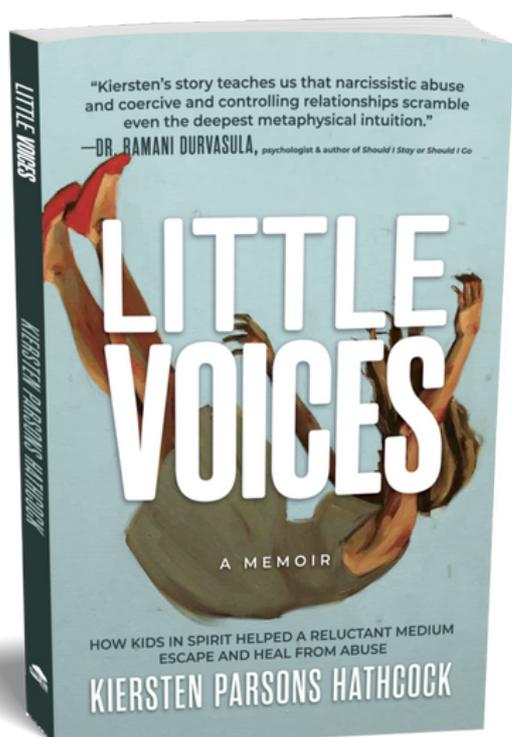
While in a very meditative, relaxed state of hypnotherapy, where my subconscious could be accessed, I brought forward more detail about the memories I'd experienced on a conscious level. This allowed me to bring them into the conscious mind, as I was fully awake during the session.

After facing the memories while still under hypnosis, Dr. Proiette led me through an exercise to help release the energy of what happened many years ago. She guided me to envision myself small but growing taller. I envisioned my abuser as tall but growing smaller until he was so tiny that I could throw him, and then step on him. At one point, I literally felt myself getting lighter as energy released, and I fully embraced that none of what I endured was my fault.

# Hypnotherapy

Almost immediately after, breathing felt easier. Dr. Proiette explained that Chinese medicine posits that sadness and grief are stored in your lungs, and it seemed true for me. It stood to reason that the closer I got to the truth of what my body and subconscious memory knew, the more I felt it physically. As a Reiki certified practitioner, I believed in the power of energy healing and understood how the body is deeply affected by emotion. But up until now, I hadn't realized I'd been carrying all of it since I was three years old—the age when the abuse started.

I left Dr. Proiette's office feeling such a sense of accomplishment and hope. I even stopped using my inhaler on my daily walks. It was clear I was starting to heal from a lifetime of hidden abuse. I finally had my answer to what Lila and Karen were talking about. And I finally knew why those kids in spirit were coming to me."



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**WAYS  
TO HEAL  
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**NUMBER TWO**

*Ask for Snippets of Memories*

# Memory Recall

## ASK FOR SNIPPETS OF MEMORIES

Simply asking for memory snippets to be revealed was very helpful to me. As a person who repressed memories of abuse—both in childhood and adulthood—I came to recognize that if I asked my subconscious for snippets of memories in the form of visions in my mind, I would be able to acknowledge them, and release the energy of the abuse. Even now, I will be completely focused on something unrelated when suddenly I'm seeing a snippet of a memory in my mind's eye. When this happens, I ask "what I'm supposed to glean from the vision?" and I recognize that some sort of abuse must have been present during that time. Bringing up those moments allows me to address them and then let go of the emotion surrounding those episodes of abuse. My subconscious slowly leaks these memories gives me time to process each one individually.



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# WAYS TO HEAL CHILDHOOD TRAUMA

## NUMBER THREE

*Practice Energy Healing Techniques like Tapping*

# Energy Healing Techniques



One of my favorite thought leaders/practitioners in energy healing is Amy B Scher. Her techniques have helped me release and heal trauma that was stuck in my body. CHECK OUT AMY'S VIDEO ABOVE or here: <https://amybscher.com/energy-therapy-techniques/>. This video is a great intro to different techniques you can use to help heal emotional wounds.

Amy says on her website: "As human beings, we are not one-size-fits-all. This means that you'll likely not be able to apply one technique to just fix everything right up. That's ok though because I've studied so many techniques, created my own, and am known for figuring out exactly what works best — when, and for who. Phew. I was a very tough healing case myself so I've discovered lots of useful things I get to share with you.

The majority of the techniques I use fit into a type of energy therapy called energy psychology. Energy psychology addresses the relationship between the human energy system and thoughts, beliefs, and emotions.

Much of the success I have with clients comes not only from the techniques we use, but also knowing what to clear - emotional events, patterns, beliefs, and other blockages that prevent wellbeing. There are so many wonderful and effective techniques out there (I'm sure you know some too!), but also knowing what to apply those techniques to is crucial in seeing positive results."

# 5 WAYS TO HEAL CHILDHOOD TRAUMA

## NUMBER FOUR

*Re-parent Your Inner Child*

# Re-parent Your Inner Child

I personally found that re-parenting my inner child was incredibly helpful.

Here's how I did it, and how you can do it, too:

- Speak aloud to your inner child daily in the mirror. Tell her/him/they are safe and loved. It might feel awkward at first, but it's worth it.
- Write letters to your inner child. Start by acknowledging the pain they endured, then remind your inner child that they are not to blame for whatever they endured. Thank them for their vulnerability and strength, and close by telling them you love them and that they are safe now.



# 5 WAYS TO HEAL CHILDHOOD TRAUMA

## NUMBER FIVE

*Reset Your Vagus Nerve*

# Vagus Nerve Reset



This technique is fairly new to me but I've found success with it. It's a quick, easy 5-minute exercise.

Sukie Baxter (shown above) shared this about the video above:

"This vagus nerve reset is designed to relieve stress and anxiety by restoring the social engagement state referenced in Polyvagal Theory developed by Stephen Porges. Vagus nerve exercises also turn off fight or flight in the sympathetic nervous system to release trauma stored in the body.

Note: this content is for informational purposes only and is not intended as medical advice, or as a substitute for the medical advice of a physician."