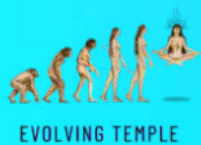




International  
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# HOW TRAUMA INFORMS LOVE



# TRAUMA AS HUMAN EXPERIENCE

## TRIGGER WARNING:

This lecture content includes references to themes such as challenging experiences, adversities, trauma and similar mental conditions. Please engage with caution.

## Make a Note:

- Please Send the questions in the chat, will answer as time permits.
- Link for the CCEs will be provided via Zoom Chat towards the end of the session.





[www.IgniteGlobal360.com](http://www.IgniteGlobal360.com)





[Resources on Survivors and Victims:](#)  
[United States Holocaust Memorial Museum](#)

## “Severe trauma altered the gene (FKBP5) expression of the children of Holocaust Survivors”

Yehuda R, Daskalakis NP, Bierer LM, Bader HN, Klengel T, Holsboer F, Binder EB.  
Holocaust exposure induced intergenerational effects on FKBP5 methylation.  
*Biological Psychiatry*. 2016;80(5):372–380.

## The body stays alert for longer after detecting danger





# HOW TRAUMA INFORMS LOVE



**TRAUMA AS HUMAN EXPERIENCE**



**WHY TRAUMA INFORMED COACHING?**

**WHO estimates that *around 70% of people globally will experience a potentially traumatic event in their lifetime.***

World Health Organization (WHO) 2024 PTSD fact sheet update.

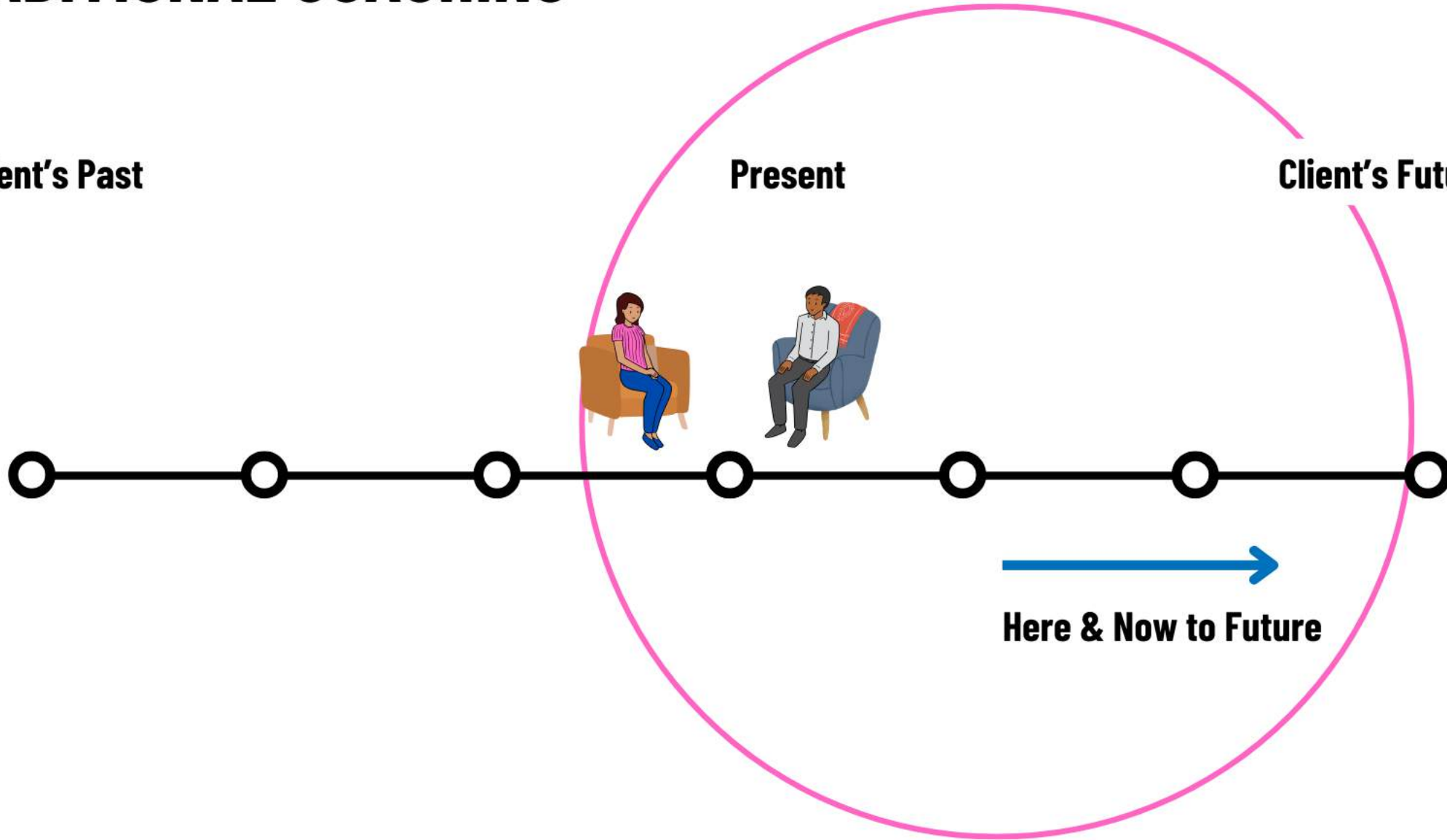


# TRADITIONAL COACHING

Client's Past

Present

Client's Future



Here & Now to Future

# Coaching for Procrastination and Burnout

Not all burnout or procrastination is trauma.

- Laziness, weakness, inability to strategize, take actions or no accountability?
- Long-term survival state?

## Common trauma-related drivers of Procrastination and Burnout include:

- Fear of exposure
  - Anticipated shame or criticism
  - Perfectionism tied to safety or worth
  - Loss of agency in earlier life experiences
- 
- They are linked to history of **chronic stress, neglect, or threat**
  - The response **feels automatic and bodily**, (not chosen)

The nervous system reads the task as:

“This is dangerous.”

Based on what it has learned from the past as **‘threat’** surfacing due to triggers experienced in the present.

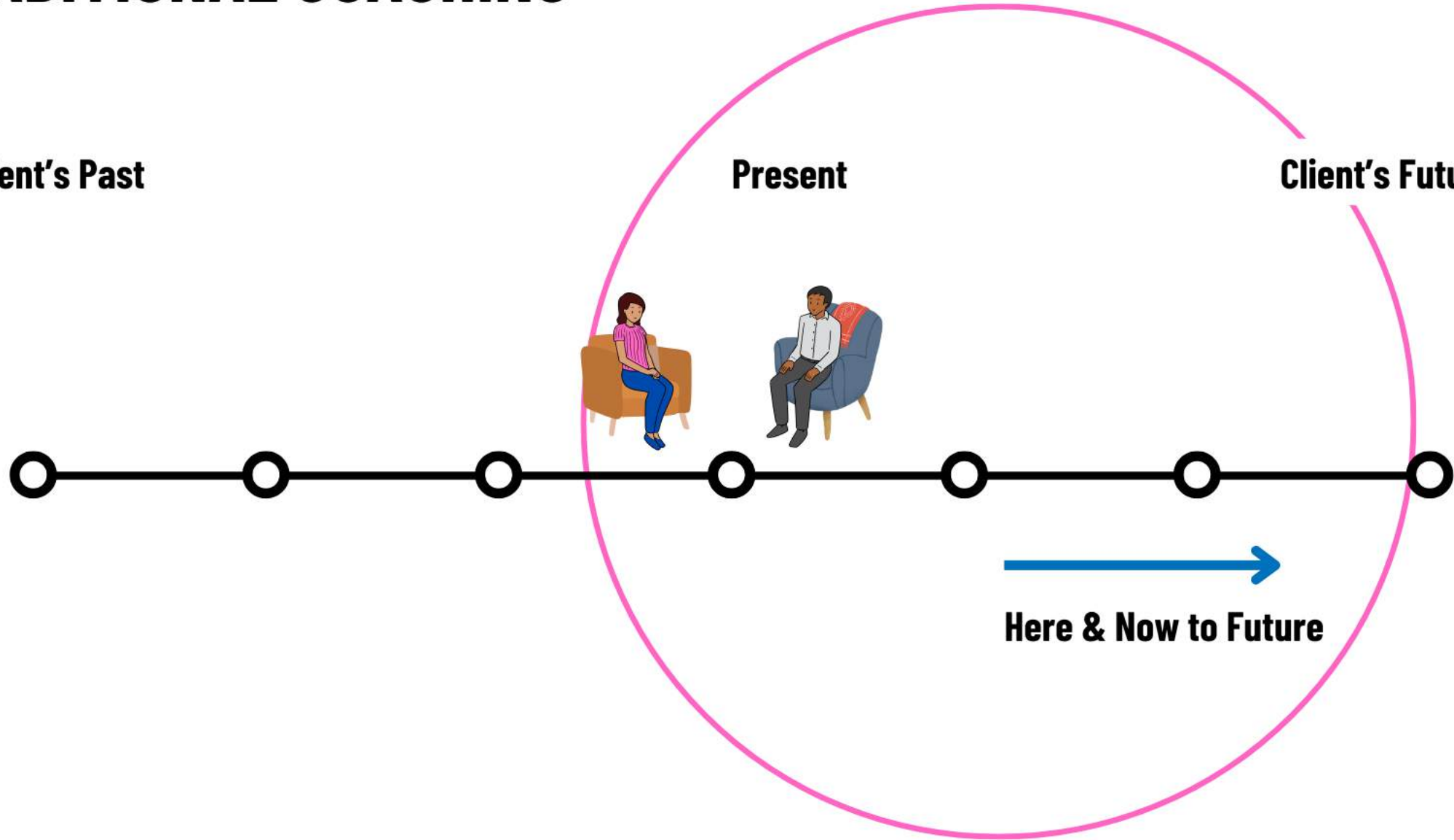


# TRADITIONAL COACHING

Client's Past

Present

Client's Future



Here & Now to Future

# CAUSES OF TRAUMA

**"Too Much, Too Fast, Too Soon / Not Enough, For Too Long"**

A Trauma-Informed Framework for  
Understanding **Overwhelm** and **Deprivation**

# Causes of Trauma in Brief

## 1. "Too Much, Too Fast, Too Soon"

This refers to **overwhelming experiences** that exceed the nervous system's capacity to process or regulate in real time.

These experiences may be **intense, abrupt, or invasive**, triggering **fight, flight, freeze, or dissociation** due to the lack of safety, time, or attunement needed for integration.

# Causes of Trauma in Brief

## 1. "Too Much, Too Fast, Too Soon"

### Examples:

- A car accident or medical emergency
- Sexual or physical violation
- Being placed in foster care or sent to boarding school abruptly
- Emotional exposure or vulnerability without consent
- Sudden success or visibility without preparation (even "positive" events)

# Causes of Trauma in Brief

## 2. "Not Enough, For Too Long"

This reflects **chronic deprivation**, especially in **early life** — of **attunement, safety, love, validation, nourishment, or protection.**

Rather than an acute event, this is a prolonged lack of what was needed, resulting in structural emotional wounds like **shame, unworthiness, and identity fragmentation.**

# What is Trauma?

Trauma is what happens when an experience or ongoing condition overwhelms a person's nervous system, leaving them unable to feel safe, supported, or regulated, and forcing the body and mind to adapt in ways that prioritize survival over growth.

# WHAT IS TRAUMA RESPONSE?



Traumatic  
Event



Changes to Brain,  
Nervous System,  
Body (DNA)

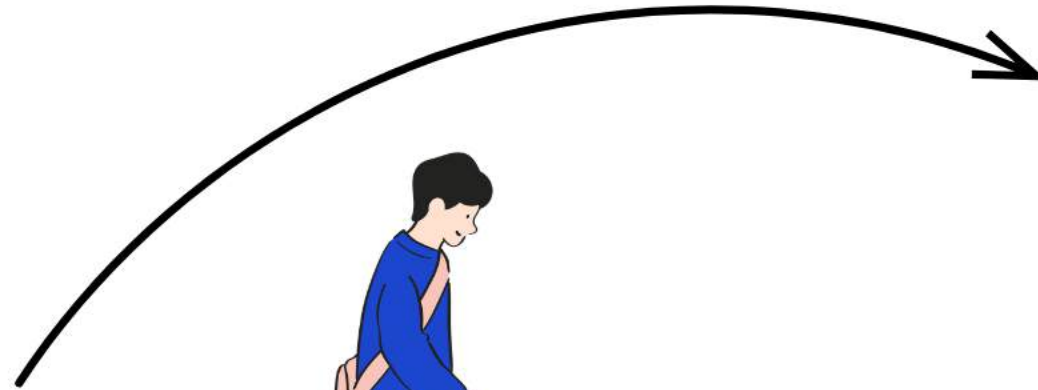


Triggers  
Sensory Experiences  
and Memories



Trauma  
Response

Unconscious Response



# CLASSIC TRAUMA RESPONSES



## FIGHT

Anger  
Irritability  
Aggression  
Disappointment



## FLIGHT

Anxiety  
Fear  
Panic  
Over worry



## FREEZE

Immobilization  
Disassociation  
Depression  
Isolation  
Compulsion



## FAWN

People pleasing  
Can't say no  
Prioritize others  
Self-harm



# SPECTRUM OF TRAUMA RESPONSE INTENSITY



## Temporary

### Adaptive Zone

- Short-term stress response
- Functioning remains stable
- Naturally resolves with time

#### Examples:

- Temporary anxiety
- Sleep disturbance
- Emotional overwhelm after stress

## High-Functioning

### Subclinical Trauma Response

- Mild trauma-related symptoms
- Daily functioning remains intact
- Shows in stress or relationship patterns
- Often not recognized as trauma

#### Examples:

- Perfectionism
- Overachievement
- Chronic busyness
- People-pleasing
- Emotional suppression

## Impaired

### Clinical Range

- Significantly disrupt daily functioning
- Severe emotional dysregulation
- Difficulty in self-management

#### Examples:

- Severe anxiety or panic
- Dissociation
- Emotional dysregulation
- PTSD symptoms
- Instability in relationships or work



Developing a Universal Competency Framework for Trauma-Informed Coaching:

# Comprehensive Trauma-Informed Coaching Competency (CTICC) Framework

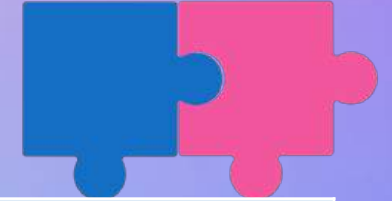
Completed in June 2025

# CTICC Alignment with the ICF Core Competency Framework

1. Demonstrates Ethical Practice

1. Demonstrates Ethical Practice as a Trauma Informed Reflective Practitioner

# CTICC Alignment with the ICF Core Competency Framework



	ICF Core Competency	CTICC Framework
1	Demonstrates Ethical Practice	<b>Demonstrates Ethical Practice as a Trauma Informed Reflective Practitioner</b>
2	Embodies a Coaching Mindset	<b>Embodied Trauma-Informed Coaching Mindset</b>
3	Establishes and Maintains Agreements	<b>Establishes and Maintains Trauma-Informed Agreements</b>
4	Cultivates Trust and Safety	<b>Cultivates Trauma-Sensitive Trust and Safety</b>
5	Maintains Presence	<b>Maintains Trauma-Sensitive Presence</b>
6	Listens Actively	<b>Observes Trauma Responses and Listens Actively</b>
7	Evokes Awareness	<b>Trauma-Informed Inquiry and Evokes Awareness</b>
8	Facilitates Client Growth	<b>Integrates Insights for Post Traumatic Growth and Facilitates Client Healing</b>
9		<b>Foundational Knowledge of Trauma and Trauma-Related Disorders</b>

# CTICC Alignment with the ICF Core Competency Framework

9. Foundational Knowledge of Trauma and Trauma-Related Disorders

# Why Trauma Informed Coaching?

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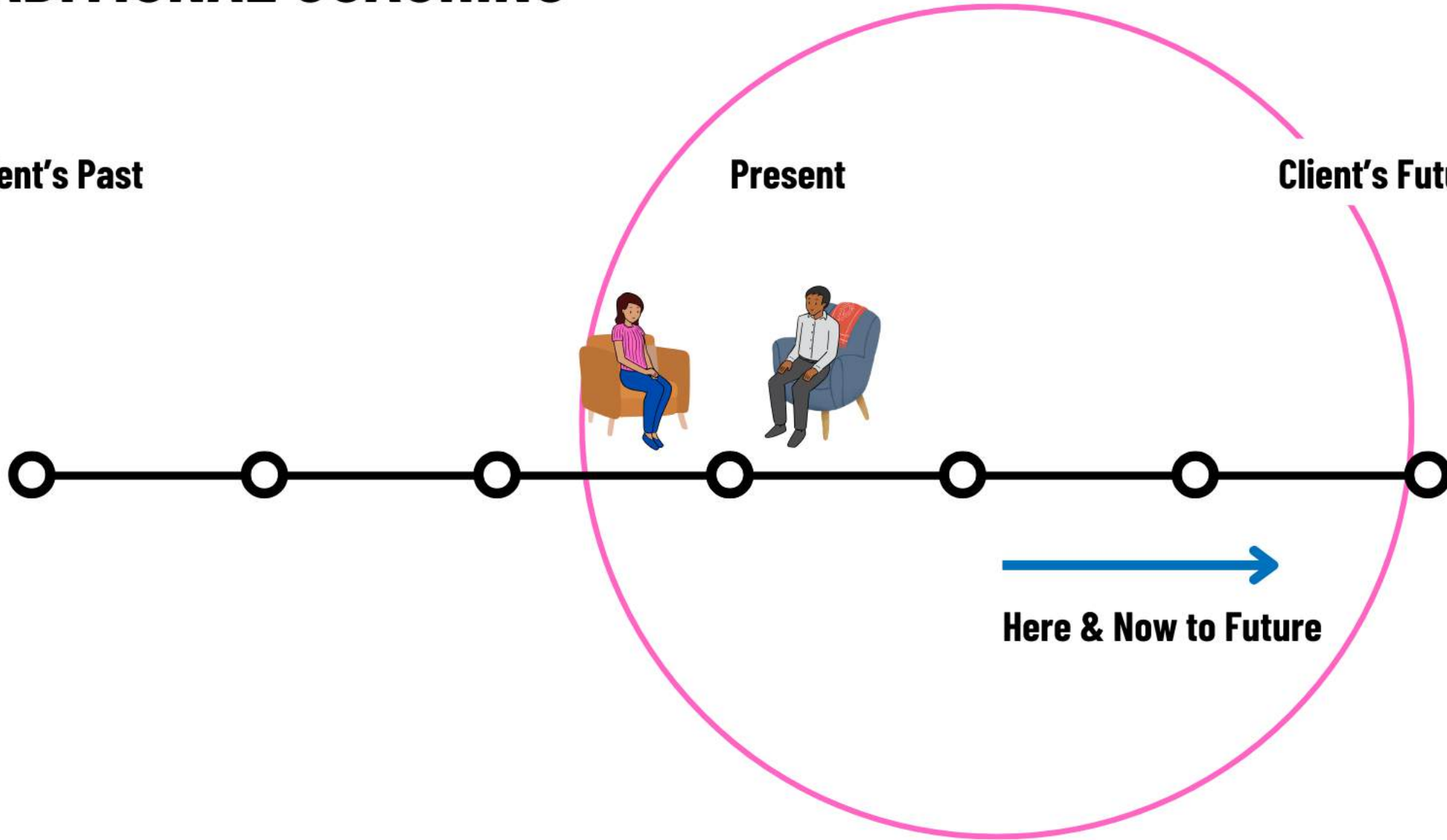


# TRADITIONAL COACHING

Client's Past

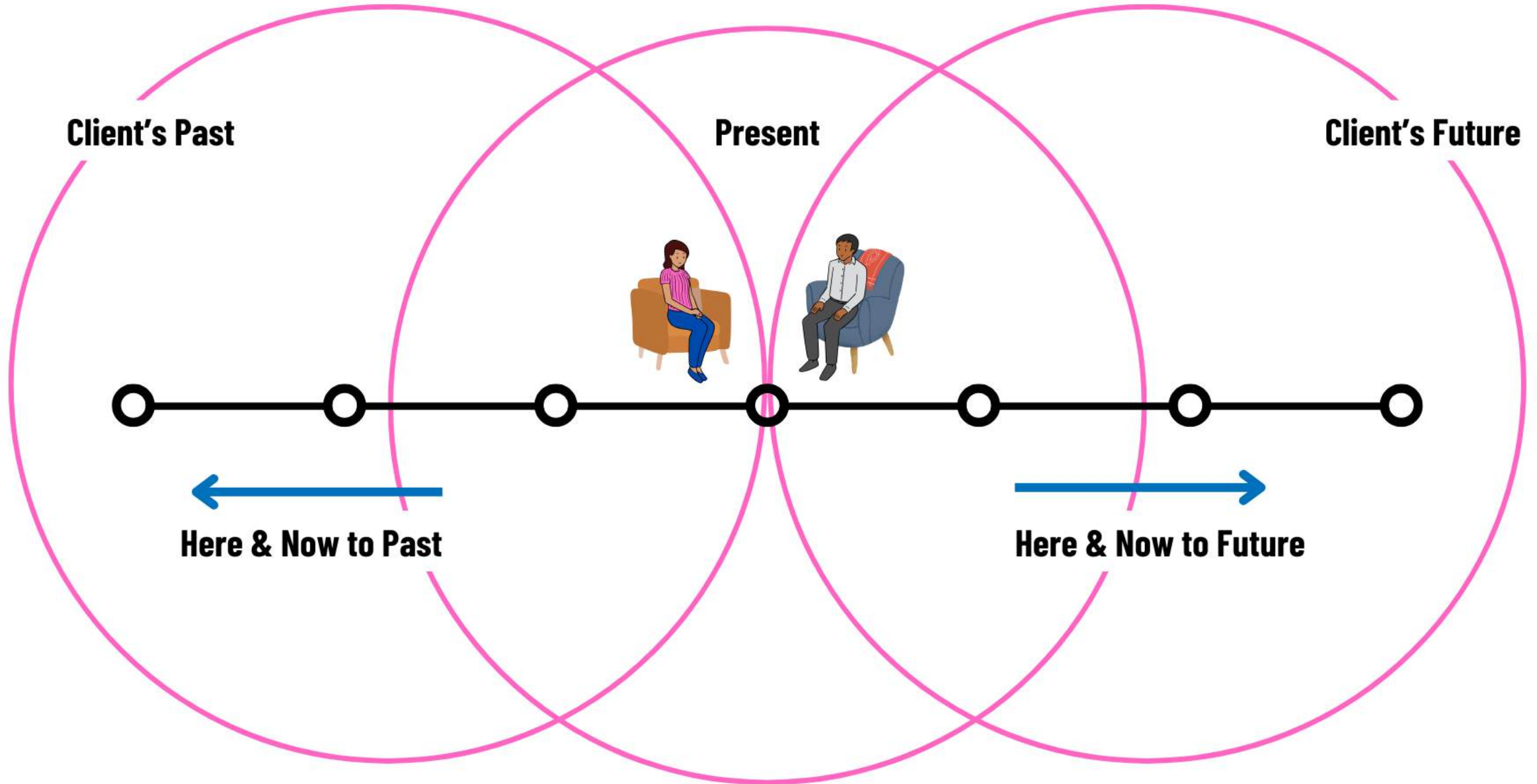
Present

Client's Future



Here & Now to Future

# FOCUS OF TRAUMA-INFORMED COACHING





# Why Trauma Informed Coaching?

1. Most adults carry some level of **unresolved trauma**
2. Trauma shapes behavior **before cognition**
3. Without trauma awareness, coaching can **unintentionally retraumatize**
4. Trauma-informed coaching **protects ethical boundaries** and promotes **harm reduction**
5. Collaborate with clinicians and provide elevated client-care and success outcomes
6. Trauma-informed coaching is **integrative of past** without crossing the boundary of Psychotherapy
7. Many **coaching themes are trauma-adjacent**, even when trauma is not named
8. It shifts the narrative from “goal achievement” to **understanding and acceptance**
9. It supports **nervous system literacy** without doing therapy Psychoeducation
10. All coaching demands the awareness of coaching (TIC is not a coaching specialization, It's **rather integral and foundational**)



# HOW TRAUMA INFORMS LOVE



# TRAUMA AS HUMAN EXPERIENCE

# HOW TRAUMA INFORMS LOVE

A Complimentary Lecture Series

Session 5 of 12

08 June 2026

9:30 pm - 11:00 pm (ICT)

## HOW TRAUMA IMPRINTING HAPPEN

Understanding how trauma responses and neurobiological patterns shape our lives, relationships, success, and inner peace

Introducing the **Comprehensive Trauma-Informed Coaching Competency Framework (CTICC)**



Delivered by **Fernando Hettiyadura**,  
Eclectic Psychotherapist | ICF (MCC)

Request an Invitation and  
Join Our Professional Community



AWAKEN  
MIND  
GUIDE





THANK YOU!