

THE PRIMAL CHILDHOOD DECONDITIONING RETREAT

A JOURNEY BACK TO LOVING YOURSELF

www.pujalepp.com



1. WHAT IS TRAUMA?

“Trauma is a psychic wound that hardens you psychologically and then interferes with your ability to grow and develop. It pains you and now you’re acting out of pain. It induces fear and now you’re acting out of fear. Trauma is not what happens to you, it’s what happens inside you as a result of what happened to you. Trauma is that scarring that makes you less flexible, more rigid, less feeling and more defended.”

— Dr. Gabor Maté



Puja Lepp, a leading expert for 30 years in the field of Personal Growth, Trauma Healing and Embodied Spirituality. I feel very passionate about helping people to heal the wounds of the past, supporting them to live from their authentic self while accepting our human nature in the light and the shadows.



IS EVERYONE TRAUMATIZED?

TRAUMA – we've all heard that word. And all of us have a sense of what this means. Major traumas such as natural disasters, catastrophic events, or wars are the type that most people think about when it comes to trauma, right?

These traumas are easily recognizable as such; however, neurosciences have shown that all human beings suffer from traumas throughout their lives. It doesn't have to be a major event; however, there are many kinds of childhood trauma that you might not identify as trauma at all.

Neglect is also traumatic, and so is the loss of a parent through death or divorce, a severe childhood illness, a learning disability that left you doubting yourself, too many siblings, a detached, emotionally unavailable, anxious, or overprotecting parent. Or growing up with a depressed, addicted, or raging parent leaves you traumatized, too.
Hurt People Hurt People!

Even your parent's own unresolved childhood trauma (Intergenerational trauma) gets passed down in a family. For example, a mother who grew up in an abusive home may have learned not to show her emotions; even if the cycle of abuse is broken, her emotional distance can impact her children and so on. It can even alter a person's DNA structure and gene expression and can continue on for generations and generations. Anything that makes you feel overwhelmed and isolated can result in trauma, even if there is no physical harm.

The trauma experienced during childhood can have severe and enduring effects. When childhood trauma doesn't get resolved, a sense of fear and helplessness carries over into adulthood, setting the stage for further trauma or **PTSD**. However, even if your trauma happened many years ago, there are steps you can take to overcome the pain, learn to trust and connect to others again, and regain your sense of emotional balance.

Well, thank god a new and profoundly important paradigm for understanding overwhelming emotional pain has arisen over the past few years, with the potential to change the way we look at trauma. Magic is happening as we all wake up to the collective impact of trauma has on and in our lives. And seriously, I would rather live in a society where trauma is overestimated than in a society where trauma is denied. To find peace with our past, love in our present, and an openness to our future.

Let's begin,

Puja Lepp

Leader of the Primal - Childhood Deconditioning Retreat
www.pujalepp.com

2. TRAUMA SYMPTOMS

When trauma is triggered, we may regress into primal states of fear, react aggressively, or become paralyzed and not be able to assess the level of threat. Below are examples of the way trauma symptoms can look like. (*)

- Hyper-arousal: Increased heart rate, rapid or difficulty breathing, cold sweats, tingling, muscular tension
- Constriction in body and narrowing of perceptions
- Disassociation or Denial
- Feelings of helplessness, immobility and freezing
- Hyper vigilance, always being on guard for danger
- Intrusive imagery or flashbacks
- Extreme sensitivity to light and sound
- Hyperactivity
- Exaggerated emotional and startle responses
- Nightmares and night terrors
- Abrupt mood swings: Rage reactions or temper tantrums, frequent anger or crying
- Shame and lack of self-worth
- Reduced ability to deal with stress
- Difficulty sleeping
- Panic attacks, anxiety and phobias
- Mental blankness or spaced-out feelings
- Avoidance behaviour: Avoiding places, moments, activities, memories people
- Attraction to dangerous situations
- Addictive behaviors: Overeating, drinking, smoking, drugs, etc.
- Exaggerated or diminished sexual activity
- Amnesia or forgetfulness
- Difficulty maintaining close relationships



**YOU CAN'T TALK YOURSELF
OUT OF TRAUMA.
TRAUMA HEALING ALWAYS
NEEDS TO BE AN EMBODIED
EXPERIENCE.**

-PUJA LEPP



**TRAUMA NOT
TRANSFORMED IS
TRAUMA TRANSFERED.
HURT PEOPLE HURT
PEOPLE.
- PUJA LEPP**

- Inability to love, nurture or bond with other individuals
- Fear of dying or having a shortened life
- Anxiety and Depression
- Loss of sustaining beliefs (Spiritual, religious, interpersonal)
- Excessive shyness
- Diminished emotional responses
- Inability to make commitments
- Chronic Fatigue or very low physical energy
- Immune system problems
- Psychosomatic illnesses: headaches, migraines, neck and back problems, chronic pain, asthma, skin disorders, digestive problems
- Depression and feelings of impending doom
- Feelings of detachment, alienation and isolation (living dead syndrome)
- Reduced ability to formulate plans
- Re-enactment of the trauma
- Guilt, shame, self-blame
- Negative thoughts about yourself, other people or the world

3. TYPES OF TRAUMA

SHOCK TRAUMA (PTSD) results from feeling overwhelmed by just one event. The event is usually sudden and unexpected with a distinct beginning and end, and it is over relatively quickly. It abruptly interrupts the flow of life and you feel frozen in the event. As a result, you feel as though your world has suddenly fallen apart or shattered.

Many kinds of events can lead to shock trauma. These include: falls, accident, assault, suffocation, acts of war, near drowning, natural disaster, invasive medical procedure.

Shock trauma can occur in children and adults who witness or experience these events. An intense shock



trauma or a series of shock traumas have the potential, however, of becoming developmental traumas in children.

While emotional trauma is a normal response to a disturbing event, it becomes PTSD when your nervous system gets “stuck” and you remain in psychological shock, unable to make sense of what happened or process your emotions.

DEVELOPMENTAL TRAUMA ()** results from events that are so overwhelming to a child that her nervous system cannot mature in an age-appropriate manner. The disruption in her nervous system is often great enough to cause long-lasting changes and delays in her physical maturation, behavior and her capacity to think, handle emotions and to socialize with others. If the abuse is severe and depending on the age of the child at the time of the abuse, the child’s brain structure may be physically damaged.

Some childhood experiences that can lead to developmental trauma include: neglect, prenatal or perinatal trauma, loss of a significant person during the early childhood years, physical, sexual or emotional abuse.

The abuse, neglect or loss impairs how a child bonds or attaches to her caretaker and this may affect the child in two significant ways. First, a child is born wanting to be seen and understood by her caretaker. If this does not happen when the child is young, she may give up all attempts to reach out to others. She collapses inwardly, becomes emotionally numb or dissociated.

Second, a child’s nervous system, up until the age of two, does not have capacity to self-soothe. She must rely on a caretaker to guide her to a calmer state. If the caretaker is unable to do so because she is too dysregulated and frequently angry, anxious or depressed, then the child’s brain may not develop properly. As a result, the child grows up with a decreased capacity to control her emotions and behaviors. To cope, the adult may either avoid situations which provoke strong emotions or act them out impulsively.

This can lead to social isolation or frequent conflicts with others. In conclusion, if the child cannot trust that the caretaker will be there consistently; be there at all; or without causing intense fear, the child will find ways to adapt to the abusive or neglectful behavior that can seriously impair her ability to function as an adult.

TRANSGENERATIONAL TRAUMA refers to trauma that passes through generations. The idea is that not only can someone experience trauma, they can then pass the symptoms and behaviors of trauma survival on to their children, who then might further pass these along the family line. Scientists have found that mothers who have suffered childhood trauma can pass this memory down to an unborn baby — scans showed altered brain circuitry in young children.

HOW TO RECOGNIZE IF YOUR CHILDHOOD TRAUMA IS AFFECTING YOU AS AN ADULT?

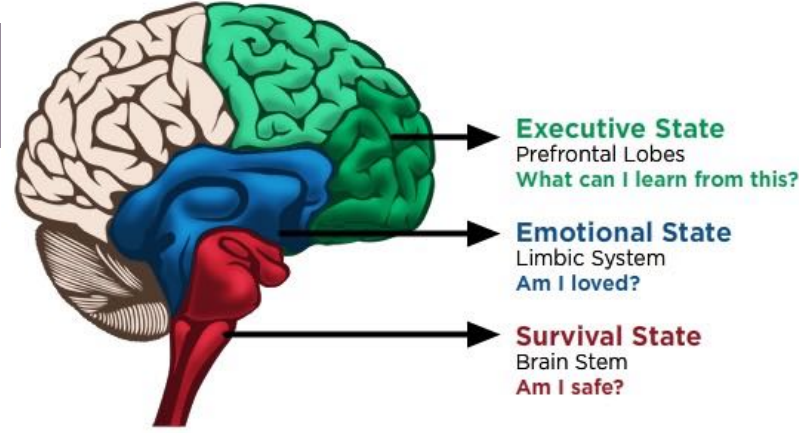
The CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study is one of the largest investigations of childhood trauma and neglect and household challenges and later-life health and well-being.

10 ACEs, as identified by the CDC-Kaiser study: Abuse. Physical. Emotional. Sexual. Neglect. Physical. Emotional. Household Dysfunction. Mental Illness.

As your ACE score increases, so does the risk of disease, social and emotional problems. With an ACE score of 4 or more, things start getting serious. The likelihood of chronic pulmonary lung disease increases 390 percent; hepatitis, 240 percent; depression 460 percent; attempted suicide, 1,220 percent.

GET THE ACE QUIZ

<https://acestoohigh.com/got-your-ace-score/>



HOW TRAUMA AFFECTS THE BRAIN / NERVOUS SYSTEM (***)

Many researchers have demonstrated that trauma has the power to alter the central nervous system. It impacts how we process memory and leaves us highly reactive to any stimuli that might mimic the original experience.

The way trauma influences brain development will be different for each person. The following regions of the brain are the most likely to change following a traumatic event.

The **amygdala** is designed to detect and react to people, places, and things in the environment that could be dangerous. This is important for safety and survival. After trauma, the amygdala can become even more highly attuned to potential threats in the environment, leading a trauma victim to closely monitor their surroundings to make sure they are safe and have strong emotional reactions to people, places, or things that might be threatening or that remind them of the trauma. This heightened attention to potential threats in the environment can make it hard to pay attention, go to new places, or interact with new people.

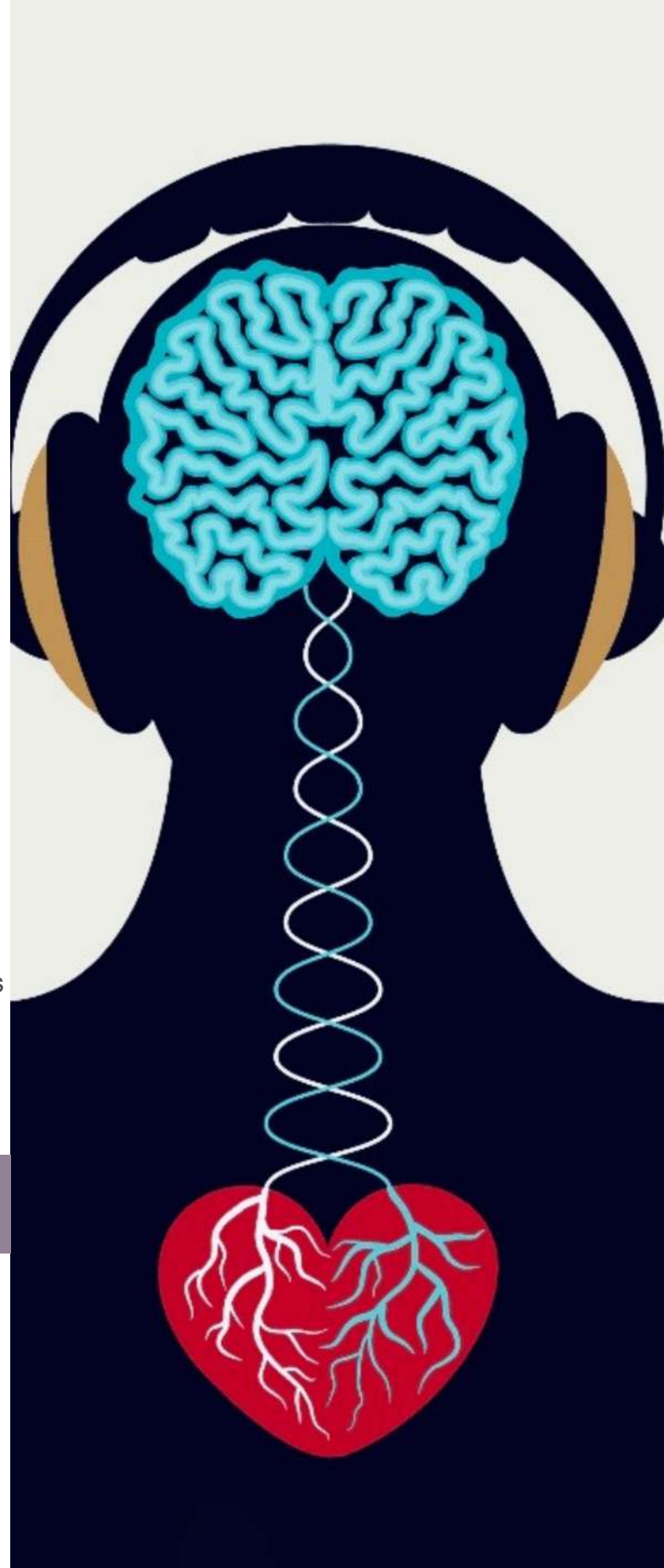


The **medial prefrontal cortex** (mPFC) helps to control the activity of the amygdala and is involved in learning that previously threatening people or places are now safe. Connections between the mPFC and amygdala are sometimes not as strong in people who have experienced trauma. As a result, the mPFC is not as effective at reducing amygdala reactivity to people, places, and things that are in fact safe and no longer predict danger. This can lead to persistent elevations in fear and anxiety about cues that remind people of the trauma they experienced.

The **hippocampus** is involved in learning and memory. Impairments in learning and memory have been seen in people who have experienced trauma. This suggests that trauma may affect how the hippocampus develops. Trauma likely impacts a variety of types of learning and memory, such as the ability to learn and remember information about the surrounding environment. As a result, people who experience trauma may not be able to retain information about how to tell if one situation is safe and another is dangerous, leading them to experience harmless situations as scary. For example, a person who has experienced trauma may have difficulty distinguishing between activities that are dangerous (e.g., walking down a dark alley) and safe (e.g., walking around a dark corner at home).

CRITICALLY THESE CHANGES IN BRAIN ARE NOT PERMANENT

The brain is remarkably plastic, meaning that it changes in response to social and environmental experiences. This enables us to learn, form relationships with people, and develop new skills. Changes in the brain that happen after trauma can improve over time. This is particularly likely to happen when people experience safe, stable, and supportive environments after trauma.





6. PRIMAL CHILDHOOD DECONDITIONING

+++ WE LIVE IN TRULY EXCITING TIMES +++

The complexity of our personal and professional lives calls many of us to change our perspectives and behaviors. This process brings many unconscious or even shadow elements to the surface (e.g., stress, overworking, addictive behaviors, anxieties, relationship issues, ...) and can leave us feeling reactive, imperfect, and raw.

In order to face the joys and challenges that lie ahead of us, we recognize, now more than ever, the need for a deeper connection to life. It is obvious right now that there is no time to waste to live and strip away the unhealthy layers that block your connection to who you really are and live from a place of love & truth.

+++ WHAT IS THE PRIMAL - CHILDHOOD DECONDITIONING RETREAT? +++

Founded by Puja Lepp, the Primal-Childhood Deconditioning process is a 7,5 - day residential healing retreat that helps you to discover who you really are, freeing you to make conscious choices in your life.

The journey begins in the present and leads you step by step back to your childhood to experience and understand the parental and environmental conditioning you received in the past.

It was then that you learned how to relate to others and how to get their love and approval. It was then that you absorbed your parent's patterns of behavior and formed your values. It's also where we learned how we process emotions, what relationships look like, how to hold boundaries, and countless other habits and behaviors.

**YOUR CHILDHOOD CONDITIONING
INFLUENCES YOUR
WHOLE TRAJECTORY IN LIFE ;
INCLUDING HOW YOU MAKE A LIVING,
WHOM YOU CHOOSE AS PARTNERS,
HOW YOU BEHAVE RELATIONALLY AND
SEXUALLY AND HOW YOU COPE
WITH CHALLENGES THAT YOU
FACE EVERY DAY.**

- PUJALEPP

+++ IT LOOKS LIKE WE ALL HAVE BEEN HURT+++

You can't be an adult alive today who hasn't experienced some kind of emotional pain from the time when you have been a child, even with the best parents and their best intentions.

In fact, we haven't met a person ever who doesn't carry emotional blockages from childhood.

They (parents) weren't mean, but probably just under pressure and therefore projected their own unprocessed childhood wounds of fear, grief, anger, shame onto their children.

And that's how it gets passed on from one generation to the next unless you come in terms with it.

Processing deeply held feelings will help you to make significant positive changes in your life. You will start to respond to situations from a place of conscious choice.

+++ WHAT TO EXPECT +++

While challenging, this life-changing retreat is held in a secure container of presence, love, integrity, and great heart.

The days are full and structured, with ample time for breakfast, lunch, and dinner. Participants are gently guided through a carefully choreographed series of experiences, with the aim of processing deeply-held emotions, to remove conscious and unconscious blocks that prevent you from living an authentically joyful life.

A variety of methods is used, including emotional/physical exercises, writing assignments, drawing, guided visualization, teaching/group sharing, times of silence, meditations, rituals, emotional release/catharsis, and scientific trauma release therapy.



+++ WHO TAKES THE RETREAT AND WHY +++

Process participants come from all income groups, professions, cultures, and spiritual beliefs. They range in age from 21 to 65. Despite varied backgrounds, those who come to the retreat have a sense of dissatisfaction and a deep desire to change.

The Retreat appeals to people who are looking for concise and real results to get to the bottom of what is holding them back from a fulfilling life. They want more love, success, creativity, peace, and empowerment in their lives.



FEELING IS HEALING



COMPASSION IS NOT ABOUT MAKING A PERSON FEEL BETTER, IT IS ABOUT HELPING THEM TO DISCOVER THEIR TRUTH, FOR TRUTH WILL SET THEM FREE, IF THEY CHOOSE TO LOOK AT IT.

- PUJA LEPP



WE HEAL BEST
IN COMMUNITY
THROUGH
CO - REGULATION

7. REAL PEOPLE. REAL RESULTS.

- We will not allow our fears to stop us, but let us show the way
- Respect each other for the particular challenges everyone faces and take responsibility for any judgments that come up as being about you.
- We understand the imprint of trauma on our behaviors and its impact on our relationships
- We recognize the pain in others and understand how that pain might be driving their behavior
- We see the real person underneath the behavior and the trauma
- We support connection and compassion as the foundations of safety
- We know that the experience of safety is the beginning of healing
- We understand that all trauma is intergenerational
- We acknowledge that whenever there is a reaction, there is an old wound
- We recognize the prevalence of trauma among all of us

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8. PRIMAL CHILDHOOD DECONDITIONING KEYS

- We are willing to see that the disappointments and upsets that get triggered today are rooted in our past.
- We are willing to see how our past still runs our life today in our reactions.
- We realize that we often don't respond to what happens in the present, but we respond to a perception of what happens, right?
- We are willing to investigate our expectations and behavior patterns that push people away—taking 100% responsibility for our ego defenses.
- We are willing to feel the pain, fear, grief, insecurity, and trauma that we still hold inside because of how we were treated in the past. We develop compassion and curiosity towards it and allow people to see the unedited version of ourselves = vulnerability
- I am willing to learn new ways of relating to people and life that are not based on our past.
- I can't heal what I don't feel. Feeling is healing.



WHAT PARTICIPANTS SAY ABOUT THE PRIMAL CHILDHOOD DECONDITIONING RETREAT

+++IT WAS ONE OF THE BEST WEEKS IN MY LIFE+++

Primal – Childhood Deconditioning was the most significant leap in my personal growth and still the most real for me. I consider this process to be the most effective program for healing wounds and trauma from childhood. I experienced Puja as a compassionate, caring and highly skilled Therapist. Without a single hesitation, I recommend Puja's work to other people over and over again. She is that good. - *Olga Sokolow, Journalist, Moscow*

+++TOP MODELS, MOTHERS, AND PRIMALTHERAPY+++

After having achieved so much in my life, at age 40 after raising three kids, I would have never imagined that facing myself in such a challenging way as I did during this week-long retreat was going to make me feel so proud about myself. Now I know what it means to commit and give my 100% energy into what I want to achieve in life. Life is full with ups and downs.., as a mom, lover, daughter, woman, friend, human being. Primal Intensive has opened my eyes, deeply touched my heart and gave me back my innocent inner child. - *Özlem Kaymaz, Top Model, Turkey*

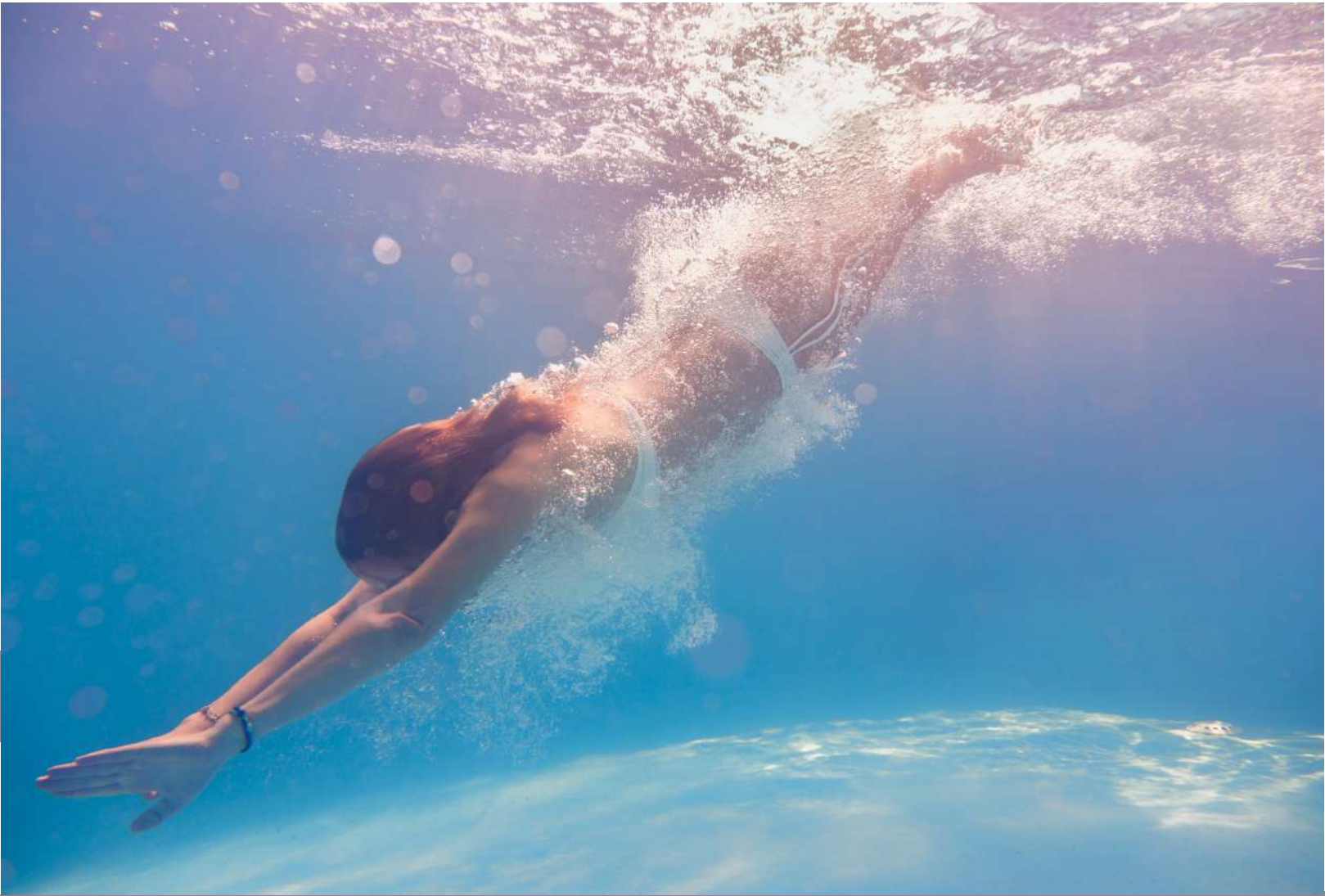
+++VERY CHALLENGING IN A GOOD WAY+++

Safe and professional made me comfortable enough to open up in front of strangers. Especially liked the power of the exercises. Some of the most worthwhile work you will have done in your life. The group, Puja and her fabulous team made me feel so welcome and taken care of. Highly recommended ***** - *Peter Seiler, IT Specialist, Germany*

+++FAR FROM THE SHALLOW - INTENSE AND DEEP+++

Don't think. Just go. That's it. The Primal - Childhood Deconditioning Retreat isn't for everyone, but everyone should do it, to know who you are and where you're going in life. There's no doubt about it. Immeasurably valuable. - *Lars van den Broek, Lawyer, Holland*

9. ARE YOU READY FOR THE DEEP DIVE?



SHAKE.SHARE.SHIFT.

SHAKE OF THE PAST
SHARE YOURSELF IN COMMUNITY
SHIFT INTO A NEW AWARENESS

THE PRIMAL TEAM

We are a team of highly trained facilitators in the area of personal development & growth.

We feel passionate about helping people to reach their optimum level of emotional, mental, physical and spiritual wellbeing.

JOIN US IF YOU
ARE SERIOUS
ABOUT CHANGE...



10. TRAUMA REGULATION EXERCISE

Whenever your nervous system may be on overdrive due to anxiety, stress, grief and anger this exercise can help you find calm during a charged moment and feel grounded again.

+++CHECK IT OUT+++

Trauma regulation therapy sometimes utilizes touch because it more directly intervenes with the nervous system. Touch can include self-touch. One use of touch is to provide a sense of containment. Again, take your time with each of these steps in this self-soothing exercise.

- Take a moment and notice your overall experience.
- Take your right hand and place it just below your left armpit, holding the side of your chest. Place your left hand on your right bicep or shoulder.
- Take several minutes to notice the feeling under your hands (e.g. does your body feel warm, is the fabric of your shirt smooth or scratchy, can you feel your heartbeat).
- Do you experience a sense of containment from your hands and arms? Is it pleasant?
- Notice how the rest of your body experiences this soothing and containing touch (e.g. your limbs). What do you notice now about your overall experience?

REFERENCES & EXERPTS

(*) Peter Levine, Healing Trauma

(**) Maggie Kerrigan, Healing After Trauma

(***)Katie McLaughlin, Stress and Development Lab

Dr. Arthur Janov

Dr. Gabor Mate

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