

## COMPREHENSIVE TRAUMA TREATMENT PLAN MAPPING REFERENCE TABLE

### How to use this table

- **Surface presentation:** Client's words. Always begin here.
- **Trauma imprint:** Possible roots. Not diagnostic — exploratory.
- **Questions:** Trauma-informed inquiry.
- **EFT:** Emotional regulation & belief clearing.
- **ICM:** Root cause healing in inner child & relational repair.
- **Energy Flow®:** Nervous system regulation, meridian balancing, detox, hormonal and somatic balance.

Client theme / Surface presentation	Trauma imprint	Emotional themes	Treatment plan – Questions	EFT approach	ICM approach	Energy Flow® approach
<b>Allergies</b> ( <i>I'm reacting to everything lately.</i> )	Immune hypervigilance, past overwhelm	Sensitivity, fear	<i>When did your body first feel unsafe?</i>	EFT on allergy symptoms	Inner child work using a strategy to restore safety	Lung/large intestine meridians, immune-calming breath
<b>Alzheimer's / Memory</b>	Loss of self, unresolved grief	Fear, helplessness	<i>What feels important to remember</i>	EFT for confusion, fear	Connect inner child	All breathing, vagal toning and somatic exercises

<b>decline</b> ( <i>I'm losing myself.</i> )			<i>about who you are?</i>		with identity anchors	
<b>Anxiety</b> ( <i>I'm always on edge.</i> )	Nervous system hyper arousal, fear loops	Fear, worry, vigilance	<i>What feels unsafe right now?</i>	Tapping on anxiety triggers, calming phrases	Inner child reassurance, safety repair	Spleen/stomach meridians; diaphragmatic breathing; grounding
<b>Arthritis / Inflammation</b>	Resentment, rigidity, suppressed anger	Anger, frustration	<i>What are you holding on to?</i>	EFT on stiffness, anger	Release child carrying resentment	Liver meridian; joint mobilisation; detox practices
<b>Asthma</b>	Fear of suffocation, early trauma	Fear, grief	<i>When did you first feel you couldn't breathe?</i>	EFT on breath constriction	Heal child fearing suffocation	Lung meridian; chest expansion breathing, humming, inner ear humming.
<b>Blood pressure (Hypertension)</b>	Chronic stress, hypervigilance	Pressure, control, fear	<i>What keeps your system under pressure?</i>	EFT for stress triggers	Heal child who lived in constant threat	Heart/kidney meridians; coherent breath
<b>Bowel issues (IBS, constipation)</b>	Control, unprocessed fear	Anxiety, control, shame	<i>What do you struggle to let go of?</i>	EFT on gut pain, fear	Heal child who held fear	Large intestine meridian, belly breathing exercise

<b>Break-up / Relationship endings</b> <i>(I can't get over them.)</i>	Attachment rupture, abandonment	Grief, betrayal, unworthiness	<i>What story do you tell yourself about why it ended?</i>	EFT for heartbreak, rejection, grief	Reparenting abandoned child; restore worth	Heart meridian; chest expansion breath
<b>Burnout</b> <i>(I cannot do this anymore.)</i>	Overwork, self-worth, survival imprint	Exhaustion, resentment, emptiness	<i>Where did you learn you must always give more?</i>	Tapping on exhaustion, pressure	Deep reparenting child who equates love with performance	Kidney/spleen and triple warmer meridian ,all breathing and somatic exercises;
<b>Cancer</b>	Deep stored grief, unresolved trauma	Fear, helplessness	<i>When did this heaviness first start?</i>	EFT for fear, grief, acceptance	Work with neglected inner child	Detox lymphatic flow; breath for cellular healing
<b>Children in divorce</b>	Attachment rupture, insecurity	Confusion, fear, guilt	<i>What does this change mean to you?</i>	EFT for fear, blame	Heal inner child by comforting abandoned part	All breathing and somatic exercises
<b>Cholesterol</b> <i>(I feel heavy and blocked.)</i>	Stored stress, blocked flow	Fear, resentment	<i>What in life feels blocked or heavy?</i>	Tapping on burden, heaviness	Explore blocked emotions	Pericardium meridians, gentle

						stretches and mindful walking
<b>Chronic illness</b> ( <i>My body betrays me.</i> )	Stored trauma in body systems	Helplessness, anger	<i>When did you feel unsafe in your body?</i>	EFT for pain, frustration	Inner child work on medical trauma	Meridian balancing, lymphatic flow
<b>Depression</b> ( <i>I feel empty, nothing matters.</i> )	Freeze response, unresolved grief, hopelessness	Emptiness, despair, numbness	<i>When did you first feel life had no meaning?</i>	Tapping on heaviness, sadness, lack of motivation	Connect with inner child who felt abandoned or unseen	Kidney/bladder meridians; gentle movement; breath for vitality
<b>Diabetes (Type 2)</b>	Sweetness missing in life, stress imprint	Bitterness, grief	<i>What feels missing in your life?</i>	EFT for cravings, resentment	Connect with inner child to restore joy	Spleen/stomach/kidney meridian; coherent breathing, and mindful walking
<b>Domestic violence</b> ( <i>I walk on eggshells.</i> )	Hypervigilance, survival strategies	Fear, helplessness, guilt	<i>What happens in your body when conflict arises?</i>	EFT on fear of conflict, self-blame	Repair self-worth, nurture inner child	Liver meridian (anger release); gentle shaking; grounding

<b>Edema (Swelling)</b> ( <i>My legs/feet swell by evening.</i> )	Retained grief/ overwhelm	Stagnation, helplessness	<i>What are you holding onto that feels too much?</i>	EFT for swelling, grief	Connect with inner child holding pain	Lymphatic drainage , gentle forward bend, grounding breath
<b>End of life (Terminal illness)</b>	Fear of death, unfinished grief	Fear, sadness, peace	<i>What feels incomplete or unspoken?</i>	Tapping on fear, acceptance	Inner child healing for closure	Grounding breath, heart meridian, self-soothing touch
<b>Exhaustion</b> ( <i>I'm tired all the time.</i> )	Nervous system depletion	Helplessness, fatigue	<i>What do you need to rest deeply?</i>	EFT on fatigue	Inner child healing to restore play and rest	Kidney meridian; all breathing exercises and simple humming
<b>Family conflicts</b> ( <i>I can't deal with them anymore.</i> )	Relational trauma, generational patterns	Anger, resentment, guilt	<i>What does being in this family bring up for you?</i>	EFT on family triggers	Reparenting, systemic repair	Heart/liver meridians; grounding breath; boundary exercises
<b>Fear / Betrayal</b> ( <i>I can't trust anyone now.</i> )	Broken trust, hypervigilance	Anger, fear, shame	<i>What do you need to feel safe again?</i>	EFT on fear, betrayal	Reparenting betrayal wounds	Heart and pericardium meridian, triple point calmer

<b>Fertility struggles / Miscarriage</b> <i>(I feel like my body has failed me.)</i>	Loss, grief, self-blame, survival fear	Grief, shame, hopelessness	<i>What do you tell yourself about your body? / What feelings come with this loss?</i>	Tapping on grief, shame, body-blame	Connect with inner child to work on loss and self-worth	Pelvic exercise (Pelvic floor breathing, pelvic tilts); lymphatic regulation exercises
<b>Glaucoma</b> <i>(I'm afraid of losing my vision.)</i>	Pressure in seeing truth	Fear, avoidance	<i>What truths feel too heavy to see?</i>	Tapping on pressure	Reparenting safety around truth	Heart, triple warmer, gall bladder meridian, coherent breathing
<b>Immunity (low)</b> <i>(My system feels weak.)</i>	Chronic stress, unresolved trauma	Weakness, vulnerability	<i>When did you first feel unprotected?</i>	EFT for immune weakness	Connect with inner child to strengthen safety	Lymphatic drainage, coherent breathing, simple humming
<b>Influenza / Chronic infections</b> <i>(I keep getting sick.)</i>	Weak immunity, unresolved stress	Vulnerability, depletion	<i>When did you first feel too fragile or unsupported to cope?</i>	EFT on body fatigue	Heal child feeling fragile/unsupported	Lymphatic drainage, coherent breath

<b>Job loss</b>	Survival fear, worth tied to work	Shame, insecurity	<i>What does losing this job mean about you?</i>	EFT on rejection, failure	Healing inner child to understand self-worth	Kidney/heart/lung meridian, grounding breath
<b>Menopause</b> <i>(I don't feel like myself anymore.)</i>	Transition trauma, identity shift	Loss, fear, shame, anger	<i>What does this change mean for you as a woman?</i>	EFT on hot flashes, mood swings, loss of femininity	Inner child work on identity and self-acceptance	Hormonal regulation via breath, lymphatic support, mindful movement
<b>Migraine</b> <i>(My head explodes when I'm stressed.)</i>	Suppressed anger, mental overload	Pressure, anger, overwhelm	<i>What thoughts feel too much to carry?</i>	Tapping on physical tension and associated memory	Explore child silenced under stress, suppressed anger	Liver/gall bladder meridians, gentle neck release and somatic exercise
<b>Myopia</b> <i>(I can't see far ahead.)</i>	Fear of seeing future	Fear, avoidance	<i>What feels unsafe to look at?</i>	EFT on fear of looking ahead, avoidance	Healing childhood fear of seeing	Heart, triple warmer, gall bladder meridian, bilateral eye movements
<b>Not being able to speak up</b> <i>(I lose my words.)</i>	Suppressed voice, fear of rejection	Shame, fear, silenced	<i>Whose voice are you afraid of hearing?</i>	EFT for throat constriction, fear of speaking	Repair suppressed child voice	Thyroid meridian; humming/sound release

<b>PCOS</b>	Feminine suppression, stress imprint	Shame, self-blame	<i>What message does your body want to give you?</i>	EFT on body shame, acceptance	Heal feminine identity	Hormonal balance practices; somatic exercises
<b>Perfectionism</b> <i>(I must get it right.)</i>	Criticism imprint, conditional love	Shame, fear of failure	<i>Whose approval are you still seeking?</i>	Tapping on “not good enough”	Inner child release from critical parent	Spleen/stomach (worry); balancing breath; mindful movement
<b>Procrastination</b> <i>(I just can’t start.)</i>	Fear of failure, freeze response	Avoidance, self-doubt	<i>What feels risky about starting?</i>	EFT on resistance, fear of failure	Inner child validation, gentle motivation	Kidney (fear) support; energising movements
<b>Self-sabotage</b> <i>(I ghost opportunities.)</i>	Fear of success/failure	Shame, doubt	<i>What feels unsafe about succeeding?</i>	EFT on resistance, fear	Heal child protecting self from risk	Kidney meridian, mindful walking
<b>Sexual abuse</b> <i>(It was my fault. / shame, avoidance)</i>	Core shame, violation imprint	Shame, fear, disgust, betrayal	<i>What part of you still carries this burden?</i>	Trauma-specific EFT for shame and fear	Healing inner child, restoring agency	Kidney/heart meridians; somatic exercise; all breathing exercise
<b>Suicidal thoughts</b>	Overwhelming hopelessness,	Despair, isolation, shame	<i>What feels too much to carry alone?</i>	Tapping to reduce intensity of despair	Deep reparenting,	Heart meridian, calming touch;

<i>(I don't want to live anymore.)</i>	shame, disconnection				reconnect to will to live	somatic grounding, slow breath
<b>Thyroid imbalance</b>	Silenced voice, unspoken truth	Repression, frustration	<i>What words were you never allowed to say?</i>	EFT on blocked voice, self-expression	Heal child silenced in family	Large intestine/ kidney meridian, somatic exercises
<b>Weight gain</b> <i>(I can't stop eating.)</i>	Emotional eating, self-protection	Comfort, shame	<i>What does food give you that nothing else does?</i>	EFT for cravings, emotional triggers	Heal child who used food for safety	Spleen/stomach meridians; lymphatic drainage; mindful eating
<b>Weight loss / body image</b>	Control, self-worth tied to appearance	Shame, inadequacy	<i>What does being thin/strong mean to you?</i>	EFT on body shame	Heal body rejection patterns	Balancing breath; somatic body love practices