



Surviving Post Separation Abuse & YOUR HIGH CONFLICT CO-PARENT

Day 5: **Friday, April 21st**

Take Control of Your Triggers: Cultivating Your Nervous System

Erica Bonham, LPC

[00:00:00]

Sybil: Welcome everyone. I'm so excited you're here for our expert interview series, virtual summit Surviving Post-Separation Abuse, and a High Conflict Co-parent. Really, our goal here is to offer you action-oriented strategies to communicate, parent, regulate, and really. All that comes in the aftermath of an abusive relationship.

I'm Sybil Cummin. I'm a licensed professional counselor, the creator of Rising Beyond Power and Control, the Rising Beyond Community and The Rising Beyond Podcast. And today with my guest Erica Bonham, we're gonna learn what you need to know in order to do all of the other strategies and things we're asking you to do to improve your situation.

So we're gonna learn how to regulate our nervous system.

So Erica is a certified EMDR clinician, consultant and trainer, and is a coach and licensed professional counselor [00:01:00] in the state of Colorado. She aspires to be a catalyst for change, growth, evolution, and all around badass. It's a true statement cuz that's what she does.

She specializes in serving the LGBTQI community abuse, recovery and trauma related to social oppression and spiritual abuse. She incorporates her training as a creator of the course, Healthy Hope, EMDR Best Practices for Healing Spiritual Trauma, and the co-creator of healing racial trauma with somatic therapy with Dr. - I'm gonna say this wrong, chinwe Williams. Is that right?

Erica Bonham: Chinwe? Yeah. Chinwe William.

Sybil: Okay, I got it. And to get in good trouble dismantling the systems of oppression and white supremacy. We talk all the time about the patriarch in the Rising Beyond Community and how that shows up in our family court system.

So Erica, totally thank you so much for being here and yeah, let's get started. Let's learn about our nervous system.

Erica Bonham: Alright, let's do it. Thank you so much. I'm super honored and [00:02:00] grateful to be here. Yeah,

Sybil: Yeah so, when we are triggered, right? Everyone uses the term triggered, what's actually happening inside our bodies and inside our nervous system.

Erica Bonham: Yeah. I love this question. So, first of all, it's important to understand how trauma gets stored in the brain and in the body. So unprocessed memories, unprocessed yucky events. And it can be big T events, but it can also be that death by a thousand papercuts, kind of thing, where it's a, a lack of attunement or little microaggressions or whatever it is, and those things actually don't get fully processed. And they are stored in isolation in the brain, and it's actually stored in the part of the brain that cannot put together chronological time.

So, when something happens like, let's say this is the memory and this is your amygdala in your brain, and then your [00:03:00] frontal lobes are here, and something pings on that, and it reminds the system of what has happened of the negative experience. Boom! That memory is lit up. Your frontal lobes are no longer operating.

It feels like it's happening now. Your body cannot put together chronological time because the brain's job is to keep you safe in that moment. And so you are in, you know, I know we, a lot of people are talking about fight, fight, freeze, fawn. You're likely in one of those systems, and your, your body is hijacked. Your brain is hijacked.

What I always say is, trauma doesn't give a shit what you know, right? Trauma like you can know in your frontal lobes.

You can know all kinds of things. You can know that this is about your ex's unhealed shit. You can know that this isn't your [00:04:00] fault. You can know that the universal truth is not that you are the piece of shit and that you deserve shitty things. You can know all of that. But your vagus nerve, which is the main nerve that is in charge of heart regulation, digestion, insulin, calming the flight or fight response, all of the nervous system regulation things, your vagus nerve connects from your brainstem to your gut.

It does not connect to your frontal lobes.. So, your vagus nerve doesn't connect to your frontal lobes. Just like my vagus nerve doesn't connect to mine. So I can know, you know, how many parenting books I've read and all of that shit does not matter. Goes out the window. I if you're hijacked, so you know, triggered, activated, hijacked, hooked, whatever language resonates for you.

To try to [00:05:00] remember that it doesn't matter what, you know, it really is about bringing in the body when we are trying to cool and act from a responsive state rather than a reactive or activated state. Because usually, we are not gonna make great decisions if we are in flight, fight, freeze, or fawning.

But at the same time, we don't wanna get rid of that, right? Because if you're being hijacked or jack knifed on a highway, you don't want nuanced thinking online. You want good, bad, safe, not safe. Go quick, get out of there. You don't want like, oh, I wonder if the truck driver's having a bad day, you know?

But when you are having to interact with a abusive ex, you might need very [00:06:00] concrete boundaries, but it is probably going to behoove you to have some of your frontal lobe skills. Intuition, attuned communication. Even if you're going in that concrete gray rock kind of thing, you want to be able to have your frontal lobes online.

And not be reacting from that flight, fight, freeze, fawn state.

Sybil: Yes, because so many, it's like the universal, "Oh my gosh, Sybil gets it," is when I talk about you get that notification in your co-parenting app, and you immediately, like your stomach's in your throat, your shoulders are up here.

And that's well, in that moment you actually don't need to respond appropriately. But at some point you need to respond appropriately, and that is when your frontal lobe, [00:07:00] your thinking brain is online. And so, what do we do from the like *gasp*, to the, okay, I actually have to respond in this nice way because I need to respond as if the judge is listening.

Erica Bonham: Totally, totally.

Sybil: We need that, that little part. What do we do there?

Erica Bonham: Yep, so one, I think that you cannot practice nervous system regulation skills only in the game. If Michael Jordan were to only practice basketball in the game, he wouldn't be very. So we actually have to practice these things when we are not, when before the ping happens.

Right, which is hopefully what you're, what a good therapist or a nervous system regulation coach or whatever it is, is gonna help you do in the moment. So, you visualize that happening, but you're not just visualizing it in your brain. Or self [00:08:00] affirmationing yourself to death. Like, I am worthy. I am strong, I am good.

That isn't really gonna cut it when it comes to trauma because self-affirmation is happening up here. That is a top down kind of thing. I'm not saying to throw yourself affirmation process out of the window it's still good. But in terms of nervous system regulation and in terms of trauma recovery, it is insufficient.

And so we have to practice these things and we have to practice them from the body when the waters are calm, when we are not already activated. So, you know, one of the things that we could do is just rolling out your joints, starting with that in the morning, and feeling like your whole system relax.

The polyvagal nervous system reset where you put your feet flat on the ground and you hold kind of your brainstem and you [00:09:00] look up to the right, you can also tilt your head and you kind of wait, and I almost automatically yawn. You wait for a little yawn and you know, if you Google polyvagal reset, there's like video tons of YouTubes.

Vagus nerve. "Vagus nerve reset",. Google away. You will find tons of things. Twisting right? Even just like hooking up your arms and going from a right brain or right to left, kind of cross crawl things. Find something, kickboxing, yoga, whatever. That is going to help you get a wider window of tolerance in your nervous system and you will be able to feel an expanded state in your chest, in your belly.

You feel a sense of groundedness, you feel a sense of like not just convincing yourself like, I [00:10:00] am a badass. I am a badass, I can do this, blah, blah, blah. But it's like how do you create the feeling state? How do you feel that in your body? Just step into imagining what your body would feel like if you were a badass bitch, right?

Like if you are like stepping into your... He is just gonna say or, you know, since we're talking in broad brush strokes, I'm gonna use male pronouns for the ex, but I totally recognize your ex could be they, them or she, hers. But just for the sake of concise language, I always wanna name, I'm gonna use your ex as he pronouns, and if he's saying words on the talking parents app. How do you imagine keeping those words out here in your body, like away from your energy

and away from your [00:11:00] body, and feel that internally, feel that in your system?

I also though wanna name. A both/and approach to this, right? You can practice emotional boundaries. You can afterwards like shake it off, and shit's gonna get in because you're not a fucking robot. You are not a sociopath. You are likely empathic, and because you are not a robot or a sociopath and because you are an empath when people act shitty, it's going to affect you because you're human.

And so, yes, both practice emotional boundaries, you know, imagine that they are just words on paper that they can't get into you, you know, like you do all of your stuff. And when stuff gets in because it's going [00:12:00] to, how do you greet that with attunement and loving kindness and not add judgment and shame?

Like, oh, why is, do I still let him affect me? Why do I still let him get in? Why do I still blah, blah, blah? That is not going to be helpful.

And so one intervention that I invite people to do is to kind of put me in that judgmental voice. Like if you walked into my office, if you walked into your therapist's office and she was like, or they were like, or he was like, Ugh, why do you do that? Why do you like, let him bother you so much? I hope that you would get your ass up outta my office and never come back.

Sybil: And leave. Yes, and that's what people, right? Like even if they don't mean it intentionally, That's what you all listening, that's what you're hearing. That's what you're hearing from family and friends, from the judge. Why didn't you, why did you get with this person? [00:13:00] Why did you marry 'em?

Erica Bonham: Right, right, right. So if you can come in and say, Hey, this bothers you, this affects you because you're human. Right? And you know, I, I like to take the question of why out of the equation almost always always because why a rabbit hole? It's a shame-based question.

Why do I do that? Why do you x,y,z? Now a different question might be, how is this here? How did this come in and affect me? Where do I feel this in my body? How do I just name what it is that I'm feeling? I can name that I'm feeling shame. I can name that I'm feeling hurt. I can name that I have a negative belief that I'm so stupid or whatever.

And I also think, again, we gotta walk this real tender line of - [00:14:00] this is not your fault. You didn't ask for this. You didn't deserve this. There is, under

no circumstances does anybody deserve abuse. And I think a fair question to ask, as long as you can do it from a place of curiosity and non-judgment, is what are the patterns that my nervous system has become accustomed to? That I need to maybe look at and break up, right? What are the negative beliefs that I have about myself that are fueling these unhealthy patterns. So like for example, do you believe that you have to be martyr in order to be worthy? Do you believe that you're only good if you are good for something, for somebody if you're usable?

Is there something that fuels that pattern or that fuels this sense of, [00:15:00] I just gotta take what I can get, or, I am not enough unless I am attached to something. And then we can talk about patriarchy that, you know, as cisgendered women and maybe trans women too, like we are socialized to believe that our worth is in whether or not cis men find us fuckable.

Right? And I'm, I'm a queer person. I've been married to a woman for 20 years and I still have that bullshit packed into my system.

Sybil: Yeah, and when you're looking at each of these things, and I'm thinking a lot of you listening are mamas. And I sometimes get some pushback of you know, the body kind of body work and, and noticing the body.

Again, that kind of goes to like women's feelings and thoughts about their bodies in general. Like that can come up. [00:16:00] And one of our greatest skills and greatest things that we have, cuz I get so many questions of how do we help our children? Like, how do I help my children? Doing this work is gonna allow you to co-regulate with your babies.

So you doing this work, even if you're like, eh, this feels weird and this, you know, I don't, I'm uncomfortable doing this work. It doesn't just stop with you. It's gonna help your people. And if that's your why right now, because your your why isn't *clear* yet, it's gonna help them.

Erica Bonham: Right. So another intervention, as I'm sure you do too, is would you want your babies to be having these same beliefs about themselves?

Would you want your babies to be putting up with shitty behavior in the same way? And, really your babies are gonna [00:17:00] have a much better shot at believing that they are inherently lovable, that they are inherently worthy, that they are inherently part of this great web of life just as they are without having to hustle or earn, or produce, or self-sacrifice, or any of that. If you can dip your toes into those waters, right?

And you know, here's another grace point, is cutting off from our bodies is almost necessary at times because we live in a very traumatic society. And you know, in my work with spiritual abuse. If you're taught that your body is sinful and bad and not to be trusted and sex is bad, and all of those things, then cutting off from your body is almost necessary. In order to survive.

So, slowly shifting that and being able to pay attention to your nervous [00:18:00] system cues. To pay attention to when your tummy is tight, or when your shoulders are scrunching up, or when your chest is tight, and be able to love yourself through that. Or maybe if self-love is too far away, how about we just move that goalpost up and like, can you just not be an asshole to yourself today?

Can you just go for neutrality? It's just, this is what it is. I feel tightness in my chest. It's not good. It's not bad. I just feel tightness in my chest and just name it. And what happens when you name it, and you bring just a non-judgmental attention to it. If you can't get to self-compassion or self-love, maybe that can come later, but just a neutrality around it.

And oftentimes if we just give it awareness, the body will naturally digest and move it through without us having to convince ourselves [00:19:00] with self affirmation.

Sybil: Yes, and what I hear the absolute most is stomach problems, right? I get the notification "I'm worried that, you know, court is two weeks away and I am in the bathroom all day, every day".

Erica Bonham: And it makes sense because you're vagus nerve connects your brainstem to your gut. So, IBS and all kinds of digestive stuff and all of that. You know, it's hard to say cause and effect, but there is a huge correlation between trauma and digestive issues. So one, just having grace about that, like your vagus nerve is doing, its damndest to try to keep you safe.

The more that you can, again, I kind of call them embodied visualizations. The more that you can walk [00:20:00] yourself through that ping, walk yourself through that court date, and the more that you can practice visualizing, how do you wanna feel in your body? How do you wanna stay grounded? How do you wanna feel like you can find the words that you want to say and have those come outta your mouth?

How do you wanna feel? Like you've got an a big ball of light around you protecting you from the judge, and protecting you from your ex, and your ex's

lawyer and all of that. Like how do you want to feel? And you visualize that in your body, not just here, but you visualize that in your body over and over and over again.

And then you might have a shot at shooting the basket in the game.

Sybil: Yeah, and what's so hard about this population, those that cannot go no contact, totally, right? They share [00:21:00] kids. I mean, it could be till your kids are 18, could be longer, could be shorter.

But we talk so often and you brought something up that I wanna bring back. How do you heal when abuse continues, like when you're still in the abuse? And so something we've recently been talking about in the Rising Beyond Community in different areas is you talked about like that window of tolerance and growing that, and then we've talked about polyvagal tone. And how to get your shit regulated quicker so that you hear the ping, you get the the email message that's like a page long, and there's really one question you need to answer, but it's like all the stuff that's gonna make you feel bad. And so how, how is it, maybe, what is polyvagal tone?

You know, the people that I work with know a little bit about that, but there's lots of people here. What is polyvagal tone?

Erica Bonham: So I guess I'm not familiar with that [00:22:00] phrase. Are you talking about toning your nervous system?

Sybil: Yeah. So like I've never actually heard it. Yeah. Isn't anything like different language how, how we move up and down the ladder, right?

Yeah. From right. Like how do we get back to that safe and connected space quicker over time?

Erica Bonham: Okay then I think this is important actually to do like a little bit more psychoeducation about the polyvagal system because it's not just physical, it's also attunement, and connection and being seen.

It's the social engagement system, and so the, the reason like the way that we learn to regulate our nervous systems as human beings is through attuned connection and for somebody to say, "Hey, you seem pissed, tell me about it". "That makes sense". "Yeah, I get it". "Where, tell me like, where do you feel it in your body?" "I get that story". "What's the [00:23:00] story that you're telling yourself?" "What are the emotions that you're feeling?" "Yep. Yep. I get it."

And notice that you're not like, "no, not like, don't feel that way". "Don't let him bother you so much". Like that's not attunement. Or, "you're not, you're not stupid or it's not your fault".

Even well-meaning convincing is not effective. It's like, yep you're hooked. And so not only do we need attunement from other humans, which is why we can't have robot therapists, right? We also need attunement within our own system.

If you need to tap into your mama energy and you need to pretend that you're talking to one of your kids, like how do you talk to yourself? How do you attune to, "Alright, I'm hooked." There's a page long email with a bunch of shitty words on it, and [00:24:00] it makes sense that I am impacted by that. And just give yourself a little bit of space and naming the emotions, naming where you feel it in your body. And try to bring in a little bit of love for it.

Maybe it's helpful to bring in like a mental ally, like I love Falco from the never ending story. Like, you know, if you need some RuPaul energy, if you need some whatever, nature, trees, animals, a big mama elephant. Whatever. If you need to have that stand in while your nervous system catches up, that's fine.

But like what would Universal, loving, nurturing presence, how would that attune to what you're feeling? So the first thing is to name it and to [00:25:00] try to find some attunement with it. And then if you need to, again, move your body, shake it off, get in your car and scream for a minute, go for a walk, join a kickboxing class, splash cold water on your face.

Find the routine that resonates for your body. And it might be different, right? Sometimes it might be a warm bath, sometimes it might be going to a rage room and smashing some glass bottles in the air. Sometimes it might be a kickboxing class and sometimes it might be a really gentle yin yoga class.

If you're trying to force a yin yoga class when what you really need is to go punch a punching bag, you gotta honor that. So, it might be different. And I think having some various tools and toys to [00:26:00] play with because play and silliness is really underdeveloped in a trauma organized nervous system.

So, if we can really start to, you know, yes, we've got this traumatized nervous system and this really shitty situation that is a constant, how do you still hold silliness and play as a value for you, even as you are trying to protect yourself in this situation?

Sybil: Yeah, yeah. And you know, if you are early in this process, the things that your ex are saying to you and doing aren't funny, right.

I promise you over time you will be able to pick out the dumbest, most ridiculous things that they are saying and doing and wearing . And you will be [00:27:00] able to like find the ridiculousness in that.

And part of this healing process that I get to see over time is like, it feels so raw. And then as you are working on these things and learning the strategies to use to keep yourself safe, your kids safe to, speak your peace to the judge, all the things. You will notice that that playfulness may be coming back and again, so if you're not there yet, you're not there yet.

Erica Bonham: Yeah, it's okay. Oh, and please have grace if you're, here's the thing too. I mean, if you're just leaving and you're in a custody battle and your kids are really little, you are in the shit storm. You are in the eye of the hurricane and, and you're not gonna be able to see the big picture. Your task is just to get to the, what's the next wise thing and what's the next thing?

And the next thing and the next thing. And over time again, trauma [00:28:00] is very myopic, right? Again, if you're being jackknife on the highway, all you can see is that right? It's all you can see. It gets very tunnel visioned and very myopic.

And over time you will be able to expand and get that big picture. So, even just going outside and looking at the horizon for two minutes with deep breathing and intention is helpful for your nervous system. I love that you said you will be able to pick out the ridiculous things.

I remember working with somebody and we were like, can you pretend that when he's saying all these shitty things to you, he's basically saying, "Yeah, the sky is pink. The sky is pink. Why are you so stupid? Because this sky is pink". Because that's what it is, right? If you can have that distance of it. You can have these words on paper where he might be pinging on your deepest...

"You're the worst [00:29:00] mother. You're the worst mother." "You're turning the kids against me". It's like, no, dude your shitty behavior is turning your kids against you, not me. But whatever, you know, like I, I always, when I'm working with the, with, with survivors and they have to maintain contact. It's like, be prepared for these words.

"You're turning the kids against me". "You're a bad mom". Just know that those words are likely going to come out of his mouth.

Sybil: A positive thing of this is that you are not alone. And that there are those of us that do know these are the five things they are gonna say in court.

These are the five things that work in court. This is how you can mitigate them. That's like why you all are here, right. Listening to, you know, and watching these interviews.

But something that you brought up before is that connection .That being connected and well attuned to others. [00:30:00] It will accelerate your healing process. It'll help grow that window of tolerance quicker. And so finding ways to decide on safe people in your network. And who, who are they? Can I put more of them in my life? If they're not in my natural ecology, where can I find them? So a therapist, different support groups you know, different ways to find your community in that. Because that connection, it does help that feeling of not being alone. And having someone listening that's gonna believe you, first of all, where you don't feel like you have to defend yourself over and over and over and over. That is one of the strongest ways as we're talking about, like, how do we stay regulated? How do we get more regulated? How do we do that? That's one way to do that.

Erica Bonham: And it might mean [00:31:00] that your mom can't be in your inner circle because of her own unhealed generational trauma. Is not able to attune to you in the way that you need her to, or your dad, or your brother, or your sister, or your old best friend. If they can't hear you and attune to you or if they can't hear your boundaries or if they can't understand, then they might need to, I'm not saying you totally cut off. But, they might be in different ring of your circle.

Sybil: Yep, bump them out.

Erica Bonham: And it might be that you go through a period of loneliness while you are curating your people.

Sybil: Yeah, so if you had any final words of support, tips, something to think about mindset shift, what would that something be for someone who is really struggling with maintaining a sense [00:32:00] of themselves and, and I say a sense of calm, but regulation isn't necessarily calm, but an okayness as you go through this?



Erica Bonham: Right, I think a both/and a both like naming that you're here, naming that you're in the eye of the hurricane right now, naming that it feels like it's gonna be like this forever and it's like naming that you're in pain. Both, and remember impermanence, it will not be this way forever. The more that you stop taking your ex's bait, the more that you stop engaging in those emotional baiting and whatever, and defending yourself, and you just say, "Nope, I'll pick Junior up at two o'clock. See you later". You know, like, you. don't engage, you know, he might stop. You can't control his behavior, but [00:33:00] it might back off. Like it is not going to be this way forever. It really isn't, and you're not going to feel this way forever, and you have more power than you think you do.

I'm not trying to get like, yes, we live in a patriarchal, fucked up society. The game is rigged and some of us have more power than other people, for sure. And, find the corners of power that you do have. You have some power when it comes to regulating your nervous system. You have some power when it comes to who you let in your circle of people, who you share your story with, who you go to for support, who are you going to poison dwells, expecting nourishment. Stop doing that.

that You've gotta surrender where you don't have control and stop grasping at the reins of wild horses and find the corners of empowerment that [00:34:00] you do have.

And through all of it, have some freaking grace for yourself because we are all living in this soup of patriarchy, and white supremacy. You know, anti queerness and whatever else, and we're all baked into it. And so it's gonna take some time for us to unlearn that and give yourself a little bit of room and space to be human.

Sybil: Yeah, and the more you do it, and you notice those small little victories. Of, wow, I was able to do this today. Shoot, I didn't even need Sybil to write, you know, to go through the email. Like I was able to read the email without my therapist.

Those small victories build up over time. And that's where empowerment comes from.

Erica Bonham: Can we also [00:35:00] say that celebration and honoring your victories is also underdeveloped in a trauma organized nervous system? So when you do have a small victory, like even the tiniest one, spend 30 seconds to a minute really acknowledging and honoring that. How does that feel in your body? What emotions enhance that? Enhance that in your nervous system

because your brain is evolved to hang on to negative and dangerous shit and let the positive victory stuff slide off like Teflon. So we've gotta be intentional in terms of hacking evolution and really celebrate those small victories.

The more that you celebrate that, the more that that will be integrated into your neurological connection system. And the more your nervous system will actually be attuned to that rather than [00:36:00] the reaction and the getting hooked and the organized around protection. That's always what is secondary.

That's what trauma is. It's an organization around protection. But it is secondary. And what is always primary, what is always primary is love, and enoughness, and worthiness and connection, and curiosity. That is our natural. And we just need the right circumstances to be able to connect back into that.

Sybil: Yeah. Yeah. And I think that, you know, all the work that you are doing out there in the world and you know, if you are listening and, and watching these interviews, you are learning, you are engaged with a group, with a therapist, that's one of the things that you're able to do. You're able to start going this other direction and finding that different pathway and creating those different pathways in our [00:37:00] brain and our nervous system.

Erica Bonham: Yeah, totally. Totally.

Sybil: Well, Erica, thank you so much for being here. You know, it's like so important because we have all these strategies that you need to know - how to communicate specifically how to present in court, how to do all these things.

And if we are neglecting the nervous system and our body, the strategies, like they may work on the outside, but you're still not gonna feel a different way.

Erica Bonham: Totally. And you're not gonna be able to do them.

Sybil: Yeah, you're right. Very often you're not going to.

Erica Bonham: Then you look back and you're like, damnit, I know I know this. I know not to take the bait. I know to con, you know, da da da da da. But it doesn't matter what you know, because your vagus nerve does not connect to your frontal lobe, just like mine doesn't.

Sybil: Yep, yep. That your lizard brain is gonna do what your lizard brain. [00:38:00] Yeah. Yeah. It's gonna keep you alive. That's its job.

Erica Bonham: Yeah. And if I could plug the course for a second here. I think that my course and my nervous system group, coaching calls is another good buttress and like parallel process for people in therapy. My course, it's called Cultivate Your Inner Badass. You can find it at www.cultivateyourinnerbadass.com, and you can either just do the course or you can do the hybrid coaching twice a month coaching calls with me, where you engage in the content. We talk all about all of this stuff. About why your nervous system works the way that it works, your relationship with your body and cultivating a healthy relationship with your body. Boundaries, effective boundaries, how to regulate your nervous system, all of that good stuff.

And then you can come to the coaching calls and get some workshop around that.

Sybil: Yeah. And so if you are in one of those [00:39:00] spaces where you're like, I got no one in my corner, like you're telling me these are the kind of people that are safe people. I got no one. That is what these... I got a community for you.

...programs are right. So starting that community. And the wonderful thing that I don't know if a lot of you know, but both Eric and I are therapists. We are in Colorado. However, our therapy is specific to Colorado currently, just based on how licensing is. But the Rising Beyond Community and Erica's Empowerment Community, that is a different model.

And so it does not matter where you are.

And so I like to put that out there because everyone's like, oh, you're in Colorado and I'm, you know, in Virginia, or I'm in California, or wherever I might be. There is access to us.

Erica Bonham: Which is why I know that you created your community and why I am wanting to create my community.

Like we actually haven't started the coaching calls yet. They're starting April [00:40:00] 7th, but my vision is to start five minutes early and I have like a song like Lizzo or something and we all are moving our bodies. Like dancing and getting weird because the other thing that I've been saying is like, if you wanna heal trauma, a willingness to get a little weird is helpful.

Like moving your body in novel ways and not just keeping it all together and looking prim and proper and looking nice and neat. That is gonna recapitulate

the trauma. Taking up space, moving your body in weird ways is actually rooted in neuroscience and it's gonna help you heal.

Sybil: Yeah, and what's exciting is that everyone that is watching this, your community has just started. And the information is in the caption and notes to this interview. So for [00:41:00] any of our experts, that's where you go to find, their websites, their information. Some of 'em have freebies. Go to in this webpage that is sent to you.

Go there cuz that's where all the information is. Again, Erica, thank you so much.

Erica Bonham: Thank you Sybil. I really appreciate it. I don't, we didn't keep it to 35 minutes. It's all good. It's all good.

Sybil: So yeah, you all keep listening. You've got one more interview left in your summit and you have access to these for 21 days.

So if you were in the car and you were listening in the car, but you wanted to jot something down, re-listen, it's here for you. So, just wanted to put that out there and thank you all for listening and be ready for your last expert interview sent tomorrow in your inbox.

Erica Bonham: Awesome. Thanks. Sybil.