



Presents

An Introduction to the Trauma and Angel Egg

Addictions Ontario

June 9, 2009

Jennifer Kotry, BA, MA, CSAT
Therapist, Special Programs

www.bellwood.ca

© Bellwood Health Services Inc.

These materials may not be reproduced without permission from Bellwood Health Services Inc

Welcome To Egg Work!!!

Origins of Egg Work

- Concept of drawing symbols to depict trauma and trauma repetition described in Marilyn Murray's book 'Prisoner of Another War'.
- Dr. Patrick Carnes modified the work. A student of Dr. Carnes, named it 'the trauma egg'. Carnes then introduced 'the angel egg' and has taught it in an experiential way in workshops / conferences.

Welcome To Egg Work!!! (Cont'd)

- The Sex Addiction Treatment Team at Bellwood Health Services has further modified the trauma egg and expanded the use of the angel egg.
- Bellwood primarily uses the Eggs with sexual addiction clients and partners of sex addicts. However

Welcome To Egg Work!!! (Cont'd)

The Trauma and Angel Egg is:

- Multi-functional
- An effective and powerful tool for any client population
- Effective for anyone curious about why they do what they do...

Welcome To Egg Work!!! (Cont'd)

Trauma Egg work includes :

- An effective and gentle method to establish a client's trauma history and / or negative life experiences
- A way to identify patterns in a client's life
- A way to define coping mechanisms and core beliefs
- Identification of a mission statement that has kept a client caught in the addiction cycle and / or mental health issues

Welcome To Egg Work!!! (Cont'd)

Angel Egg work includes :

- An effective way to realize and acknowledge that one's life is far more than trauma and negative experiences
- A way to identify and embrace the 'angels' in one's life (e.g. people, places, things)
- Defining a new mission statement to live by

Welcome To Egg Work!!! (Cont'd)

Clinician's Steps For Doing Eggs:

- **Clients**

- Complete PTSD Index*
- Present Trauma overview and purpose of Egg Work
- Using small EGG pages as examples – client transposes this on large piece of white paper

Trauma Egg

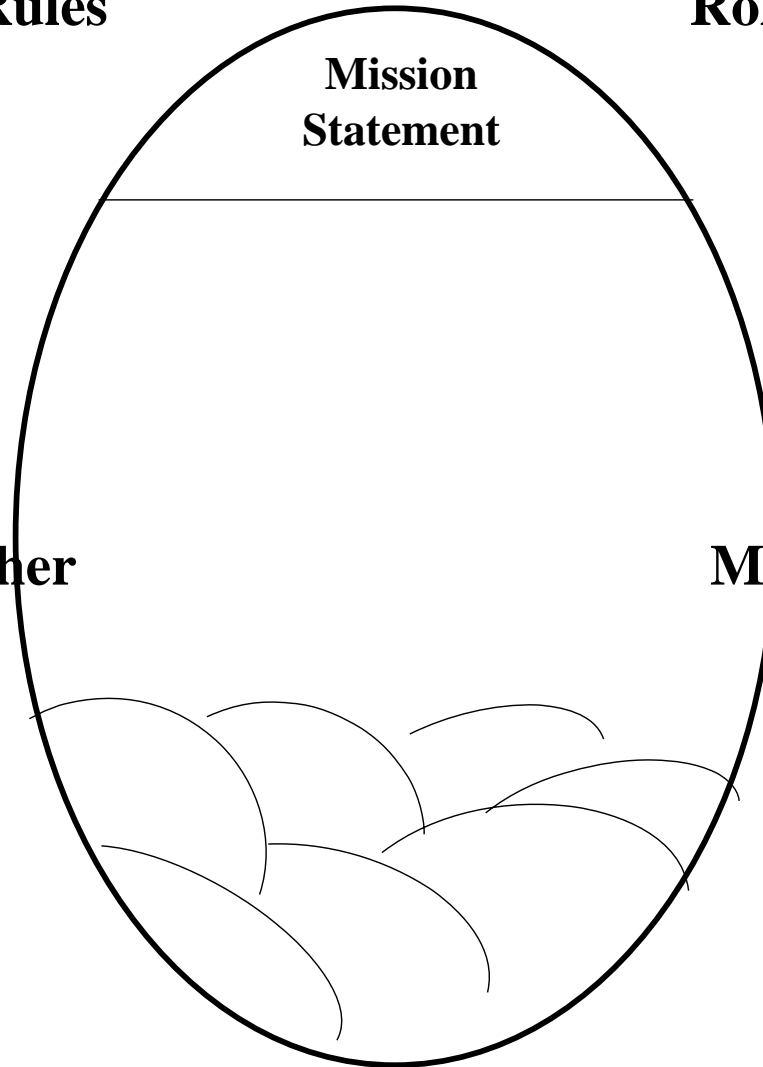
Rules

Roles

**Mission
Statement**

Father

Mother



Adapted from Marilyn Murry: From The Betrayal Bond, Patrick Carnes, Ph.D.

Welcome To Egg Work!!! (Cont'd)

Trauma Egg:

- **Outside of Egg – ask client to:**
 - List 8 – 10 words that describes Mother
 - List 8 – 10 words that describes Father
 - List rules spoken / unspoken in family
 - Give examples of “their” role in family

Welcome To Egg Work!!! (Cont'd)

Trauma Egg:

- **Inside of Egg – ask client to:**
 - Using coloured pencils/ markers, **draw** approximately 8 – 10 traumas – anytime client felt very strong emotions – angry, sad, hurt, abandoned, etc. from earliest remembered to present day

Welcome To Egg Work!!! (Cont'd)

Angel Egg:

Ask client to draw approximately 8 – 10 ‘angels’ (equal number of angels to traumas.) Angels can be people, animals, nature, events, achievements – or anytime that the client felt great joy, nurtured, loved.

Once completed, clients bring both eggs in for presentation.

Welcome To Egg Work!!! (Cont'd)

Next steps: Trauma Egg

- **Clinician:**

- Ask client to name the outside titles of trauma egg
 - offering brief explanations when necessary
- Client then briefly describes each drawn trauma

- **Clinician:**

- Ask client : “What do you think you were saying to yourself about yourself at that moment/ time etc.?” Or “What were you feeling?” Clinician writes down the statements on pad of paper.

Welcome To Egg Work!!! (Cont'd)

Next Steps:

- Client sits down and clinician reads all the statements he or she has said about themselves.
- Client is then asked to stand in front of trauma egg and in space at top of egg – while reflecting on picture and statements write:
 - Life Is ...
 - People Are ...
 - I Am ...
 - Therefore, I Will ...

Welcome To Egg Work!!! (Cont'd)

This step is called a Mission Statement.

Once a mission statement has been completed, the client reads it out loud to group.

WELCOME TO EGG WORK!!!

Next Steps: Angel Egg

- Clinician then directs client to briefly describe his or her angel egg – again one picture at a time and after each asks:
 - “What does that say about you?” Ask the client to use *I statements*
 - Client writes down I statements in the present tense at the side of the Angel Egg
 - Once completed client is asked to stand in front of Angel Egg, reflecting on pictures and statements and write a new mission statement.

Angel Egg

**“What is the message
about you”**

**New
Mission Statement**

A large black-outlined oval shape, resembling an egg, is centered on the page. A horizontal line divides the oval into two sections. The top section is smaller and contains the text "New Mission Statement". The bottom section is larger and contains several overlapping, curved lines that suggest a drawing of a landscape or a scene.

Adapted from Marilyn Murry: From The Betrayal Bond, Patrick Carnes, Ph.D.

Welcome To Egg Work!!! (Cont'd)

New Mission Statement

- Life Is ...
- People Are ...
- I Am ...
- Therefore, I Will

Once statements have been completed – client reads it out loud to group.

Welcome To Egg Work!!! (Cont'd)

Important:

- Work is best done in a group format. Having this work witnessed is crucial part of process. It can be done 1:1 but is not as effective.
- **VERY IMPORTANT** - When you work directly with a client, always end with the angel egg.

Welcome To Egg Work!!! (Cont'd)

Important :

- After trauma and angel egg are completed, debrief with client and group.
- Use your clinical judgment to determine the client's readiness to do Egg work.

Welcome To Egg Work!!! (Cont'd)

Important :

- Client can either destroy trauma egg if they feel it is completed or use it for ongoing trauma work.
- Angel Egg statements and new mission statement are kept as an affirmation.

Welcome To Egg Work!!!

Client presentation

What is Trauma

Trauma results from:

- Physical abuse and injury
- Emotional abuse
- Sexual abuse and or exploitation
- Domestic violence (experienced or witnessed)
- Neglect and/ or deprivation
- Accidents, natural or human caused disasters
- Anything that causes great fear

The Brain

The 3 major parts of the brain:

1. **The Brain Stem:** Your basic life support. This includes breathing, heartbeat, digestion, and other organ functions – automatic.
2. **The Limbic System:** Emotional life and formation of memories.
3. **The Cerebral Cortex:** Speech, writing, math, logical processes, time.

Effects of Trauma on the Brain

- Trauma activates flight/ fight/ freeze response
- Limbic system goes into high alert
- Brain is flooded with neurochemicals
- Logical brain temporarily shuts down/or has yet to form
- Trauma can cause lasting changes to the brain – leading to high propensity to form addictions, mental health issues and problems with affect regulation.

Post Traumatic Stress (PTS) / Post Traumatic Stress Disorder (PTSD)

- PTS and PTSD is often the outcome after an early trauma or ongoing traumatic events.
- Reaction mode: No thinking is involved. Cerebral cortex is bypassed.

Post Traumatic Stress (PTS) / Post Traumatic Stress Disorder (PTSD) (Cont'd)

- Degree of post traumatic stress depends on how far our system been stretched and for how long.
- Brain cannot distinguish space and time.
- People can become attached to the trauma.

Trauma Effects

- **Trauma Reaction:** Alarm reactions, flashbacks, intrusive thoughts, insomnia, troubling dreams.
- **Trauma Repetition:** Repetitive behaviors or seeking situations or people who recreate the trauma experience. Re-enactment, efforts to resolve irresolvable, obsessive compulsive disorder, repetitive compulsions.

Trauma Effects (Cont'd)

- **Trauma Bonds:** Dysfunctional attachments that occur in the presence of danger, shame and exploitation. Abusive/conflictive ties commonly seen in domestic violence, and/ or traumatic relationships
 - E.g. Movies, such as war of the roses and fatal attraction.

Trauma Effects (Cont'd)

- **Trauma Shame:** Profound sense of unworthiness and self hatred rooted on traumatic experience. Shame cycles, self-mutilation, self destructive behavior, suicidal ideation, alcoholism, depressant drugs.
- **Trauma Arousal/ Pleasure:** Finding pleasure in the presence of extreme danger, violence, risk taking, or shame.

Trauma Effects (Cont'd)

- **Trauma Blocking:** Efforts to numb, block out and overwhelm residual feelings due to trauma. Other effects include compulsive overeating and excessive sleeping.
- **Trauma Abstinence:** Compulsive deprivation especially around moments of success, high stress, shame or anxiety

Trauma Effects (Cont'd)

- **Trauma Splitting:** Ignoring traumatic realities, “splitting off” experiences and not integrating them into personality or daily life.
 - E.g. Daydreaming, fantasy and addictive responses such as romance addiction, living a double life or extreme procrastination.

Trauma Egg/ Angel Egg

Goals

- Trauma Egg:
 - To help you identify your internalized negative core beliefs coming from trauma / negative life experiences.
 - To identify the patterns of trauma and abuse, and recognize how these patterns are connected to addictive as well as other destructive behaviours.
 - To have a “ witness” to the truth.
 - To identify the mission statement from the past.

Trauma Egg / Angel Egg (Cont'd)

Goals

- **Angel Egg:**

- To acknowledge and embrace the ‘angels’ in your life.
- To reclaim positive parts of self that were repressed or forgotten.
- To create a new mission statement to live by today.

Important Notes

- You cannot heal what you are not aware of or do not acknowledge.
- Our parents and caregivers did the best they could with what they had been given.
- The trauma has already happened and you survived it.
- Feelings will surface and recovery tools are used to ground your experience.
- Always end with the angel egg.

Alice Miller

“Struggling with addictions, sexual and nonsexual, is one of the ways to avoid the confrontation with our own history. It is striking to see how often a sexual addiction ceases when the patient begins to experience his own feelings and can recognize his own needs.”

This is the beginning of the
gift of forgiveness.....

I Would
Like More
Information