

# TRAUMA LAB

# EPISODE GUIDE



## EPISODE 1

### **Epigenetics Part 1**

What is epigenetics, and how is it connected to trauma?  
And why our Understanding of our origins is crucial for our healing journey.

## EPISODE 2

### **Epigenetics Part 2**

Generational Trauma has many names; the Indigenous peoples call it blood trauma for a good reason.

## EPISODE 3

### **Epigenetics Part 3**

How are our identity, values, and belief systems formed? How do we develop a passion for a particular career, football team, political party, or religion?

## EPISODE 4

### **The Subconscious Mind**

The significance of understanding the subconscious mind and its direct link to childhood trauma and adult mindset.

## EPISODE 5

### **Survival Mode and Stress**

This episode talks about the science behind living in Survival mode and stress and how to stop it.

## EPISODE 6

### **Victim Mentality**

What is Victim Mentality? Victim mentality refers to a mindset where individuals perceive themselves as victims of circumstance, which can significantly impact their daily lives. But if we are not even aware of it, this can create a significant block on our healing journey.

## EPISODE 7

### **Positive Thinking**

The Science Behind Positive Thinking and the Consequences of Living Without This Knowledge

## EPISODE 8

### **The Healing Journey**

In the final episode, Timea will Discuss alternative healing methods, based on research and science, that have proven to be more effective than traditional healing methods alone, such as therapy or counselling.

## EPISODE 9

### **Closing thoughts**

Timea will discuss more alternative healing methods and her research sources, articles, books, and other such items with her final heartfelt closing thoughts.

## EPISODE 10

### **Bonus material Note-taking**

The power of note-taking and a hidden treasure message at the end 😊