

# Childhood Trauma

Erica Honoré & Sharon Brubaker

Grief Specialists

Tony ([00:02](#)):

Erica and Sharon are sisters who began a grief journey in 2006. When Erica's year old son, Austin drown together, they participated in a grief education program were so moved by this experience. They studied and became specialists so they can help the broken hearted find recovery. In 2015 tragedy struck the family. Once again, when Erica's oldest son Donovan was killed in a motorcycle accident, Erica and Sharon are committed to sharing their experiences of love loss and healing through this podcast. Now your Grief Specialists, Sharon and Erica,

Sharon ([00:40](#)):

Hey friends, Hey girlfriends. Welcome back. This is Sharon and Erica with healing starts with the heart.

Erica ([00:48](#)):

Hi sisters and sister. We are bringing another amazing episode of this podcast out. We, I think we're just really getting such a good range of topics that are going to help people wherever they're at in whatever they're struggling with because as you, and I know this is not a good experience to be grieving anything in your life.

Sharon ([01:14](#)):

Well and I think a lot of people don't understand that grief is so many losses that occur in your life. And that's why I love the topic that you picked today because we've dealt with so many of our grieving girlfriends that have gone through Childhood Trauma. Yes. And that childhood trauma stays with them until it's completed in their life. And it will affect every aspect of their life.

Erica ([01:45](#)):

Absolutely. Unfortunately, we have met so many women that have experienced a wide range of traumas in their young lives. And it just was like the precursor to how they I don't, I'm not going to say manage because they didn't manage. They were very, it became very dysfunctional in how they dealt with relationships, future relationships, and even in their parenting, it continue to affect him from their, from their personal relationships and then affect them still as mothers, because they had never resolved that issue or gotten help for that trauma.

Sharon ([02:35](#)):

So one what we're calling childhood trauma, is it grief that is experienced intensely as a child that occurs following a death, a rape child, molestation, neglect bullying and the school, anything that is experienced as a child intently can cause a grieving experience that follows us one, not all through our only, not only all through our life, but hangs heavy with us in our adult life.

Erica ([03:09](#)):

Well, and also, I mean, just think about when a divorce occurs and it's a very ugly and there's all custody battle. And then there a, what do they call that parent alienation? And they have all these things that happen where the kids are just trapped in the middle and they have they're powerless to control any of their situation that can, can haunt them into their future life.

Sharon ([03:38](#)):

What about the woman, Erica? That, that, that becomes her story. It happened to me when I was seven. It happened to me when I was eight and that becomes her story. And she stays right there within that story. And then no matter what, I mean how we, we sat with these women at their feet and cried with them that no matter what, they, they can't move on past that thing that happened to them. They're stuck. It's almost like you're stuck right there and you, and I call that grief. It is the pain of a broken heart of an experience that we had in our childhood.

Erica ([04:14](#)):

Yeah. And it's so profound and it's, it's becoming so common with the women that we've been working with that we, we felt we had to give it voice today. Yeah. Because the other thing that, that I have seen, and I'm constantly amazed by women that felt abandoned as children. Yes. And how that in their fifties, they're still crying as if they are that seven year old young child whose parent left them. And sometimes the leaving them was not out of malice, but it was because they were going to, to come to America and start a better life for them, but not knowing how that was going to affect the child. And that that child would carry that into their adult lives. That is blown my mind.

Sharon ([05:05](#)):

Oh, exactly. And what we find a lot of times is the people these women that are older in their fifties or sixties, whatever age you are, and you come to us, it's typically because you've experienced a death or divorce or a recent loss, right. You come to us, you're sitting with us and we're loving on you. And then all of a sudden, you start to tell this story and we say to you sister, did you know that that was a grieving experience? Did you realize you've been grieving since you were seven years old and they're blown away by it. And when they start to realize, and look at their entire life and review and start to look at every aspect of their life, that that one thing has affected, it's blown away. Sometimes this is absolutely lowly.

Erica ([05:55](#)):

Oh my gosh, it's so true. And the, you know, sometimes you have a child that is fortunate enough to have an amazing support system so that when the trauma occurs, they are able to get help. So then they do develop semi healthy coping skills. But that's, that's just, that's, that's few and far between most of the time you have a child that has experienced trauma, that it develops toxic coping skills. And then when we lay it out for them, how they've brought those skills into other parts, when they go through their own divorce or when they're, they've lost their spouse to a death, how they reignite those skills, they are all, they're so shocked because they, in their mind, they perceive themselves as managing it in a healthy functional way. But we lay it out that no, look at what you're doing. Look at how much you're avoiding. Look at how

much you're using alcohol to numb the pain, or you're using a retail therapy or look at how much you're working to try and not feel feelings. And they can't believe it.

Sharon ([07:12](#)):

Yeah, I totally agree. Here's the deal. And I think what, what you're hitting on is that many of our clients they've spend years in therapy. We are not therapists. This is not therapy. What we do is we teach an educational program on grief loss and a broken heart. And we help you to look at those areas. I love it when someone has been through years of therapy, because they did get coping skills, right? They get coping skills. But what an amazing thing it is that you and I can do is help them complete that part of their life and get rid of it forever. Get it out of their life. Take care of it. Take care of that dark cloud. That's just still hanging over your head. That's the difference. We have nothing against therapy. I actually love it. When a client is doing therapy and coming to grief healing at the same time, it's amazing.

Erica ([08:06](#)):

Well, it really is because it part of grief is, is undelivered communication. So when some, when we have clients that come in that have been in therapy, they're used to talking and they're used to sharing their story. And they're used to talking about the things that are uncomfortable, which is so much better for us because it's harder to work with our sisters that are closed off and not used to sharing their story and don't want, because they people think that if I talk about it, it's going to open that Pandora's box that you've had shut off. And in some manner, it absolutely does. But at the end result is so much better because like you said, we take that part out of their lives forever. It's not something that's going to come back to haunt them. So they don't have to be scared of those ugly feelings that sharing their story makes them

Sharon ([08:58](#)):

Well. One of the things that happens, I'm getting back to the actual trauma is that the your, the trajectory of your life has changed forever. No matter what your grief is, no matter what your grieving experience is, whether it's child molestation, rape, divorce, breakup of a romantic relationship being bullied in school, you were going this way. And now all of a sudden you're going this way and you're picking up the pieces as you go along. And sometimes they look back and they see decisions that they've made. And they're like, man, why did I do that? And that's so hard,

Erica ([09:34](#)):

Right? And when you have let's say for instance, the, if you lose a parent, when you're a young child and your surviving parent does not choose to deal with their grief, well, that's what you learn. And that's what you model. And unfortunately that will be your design for the rest of your life until you choose otherwise.

Sharon ([09:58](#)):

How many times have you? And I heard this, well, this happened to me when I was nine, but I don't have another memory. Time, 13 from nine to 13, they literally can't fill in the blank. This

happened to me when I was 13, but I don't remember anything until I was 17. Like literally moments of time in their life, or just removed from their memory because of like you and I talk about the the fog and the numbness and the just getting through life. It is not uncommon to hear that we hear it all the time from our sisters, that, that I will, I don't have very many childhood memories, but they remember that incident and everything after that is, is not there.

Erica ([10:40](#)):

Right? And that it's so heartbreaking because you see them, their struggle, you see them fighting to get the healing that they deserve. But it's, it's hard because yeah, they're gaps of their life. That for them are not.

Sharon ([10:58](#)):

The other thing that happens is when we do the work and we are able to complete that one area, a lot of times their memories will come back. The other thing that happens is that the grief around that incident is not always directed at the person that hurt them the most. It sometimes it's the other person in the room who was supposed to be their caretaker and supporting them and protecting them. That happens quite often, actually.

Erica ([11:24](#)):

Absolutely. And that is, it's a very valid, because as a child, you, you feel the people in your life are supposed to keep you safe and free from harm. And that's even, even in, in, when there's a death they're supposed to help you navigate it. They're supposed to help you heal your heart and tell you that it's okay. And tell you that you can cry and tell you that you can talk about it, but that doesn't always happen. Sometimes people in your life want to shut it off because it's too painful for them. So they want to take, remove the experience completely. We've had people who lost a parent and the other surviving parent wanted them to act like that parent never existed. Yeah. Yeah. That's devastating for a child.

Sharon ([12:06](#)):

Oh, it's unbelievable. Unbelievable. And then think about man, my heart hurts. When I think about that broken child now goes to the classroom, they're acting up in school, they're getting into constant fights. They're fighting with other people. They can't make friendships. They don't fit in their grades, suffer their relationships in the neighborhood, suffer. It affects every aspect of your life, every aspect of your life. Yeah. So I, I agree with you, that there's so there's everyone will be touched by agreement experience at some point in their life and it doesn't just have to be death

Erica ([12:47](#)):

And one of the things that we teach in our program is when you have a grieving experience, you will either explode or you implode. And specifically in relation to childhood trauma, by implode we are talking about cutting skin, picking hair, pulling, suicide attempts. These things are not uncommon as a means to manage the pain and the devastation that these, these young teens, young adults are dealing with. And then by explode, how many times have we learned that a

school shooter has had some sort of childhood trauma? Yeah. The Parkland shooter, his parents were dead. We are not excusing the behavior at all by any means. But what we're saying is the explosion, the taking it out, taking his pain out on other people. Yeah. It's understood because he had experienced a childhood trauma. Yeah. It makes sense. The sagas shooter, his father had died from what I understand. Yeah. These kids are hurting so much. They don't know what to do with their pain. They take it out on their community and it is terrible.

Sharon ([14:06](#)):

I'm specifically thinking of kids that I went to school with that were one kid in particular that was really bullied, but he had, we came back from sixth grade going into junior high and his parents got a divorce that summer. And he was with the dad and just the dad quickly remarried and the pain. And you could see it in all of these aspects throughout school that he was showing it out in arguing and fighting. And he happened to be a kid on the shorter stature and just the bullying that he went through and just fighting the biggest kids that he could find in the school. That's the pain, that's an outward emotion of the pain. That's just showing the pain. And that's what we do. We sit with our sisters and women that are hurting and broken, and we show them different areas of their life, where this childhood trauma or loss has started to affect every aspect of their life. And we sit with them and we walk through that journey. We help you to understand what it's all about. Brings me to the point of the new program that you and I have created. So four week program, and it's called Processing the Pain of Grief. What I love about processing the pain of grief, Erica, is it's just the introductory exposure to what grief is, you know, and it's

Erica ([15:27](#)):

Not too late, even though this is something that happened to you when you were seven, eight, nine, and you might be 55, 60, 45, whatever. It's not too late to heal that old hurt. So processing the pain of grief is definitely something that can help you a lot. It really teaches you how to allow the feelings in because when you have it, like I said, when you have an open Pandora's box and 25 years, you're so scared about those range of emotions, because you say, Oh, I put that behind me. I got over that. Well, grief is something we know it's, you don't get over it. It's something you have to go through to be truly healed, to find true healing. You have to go through it. And that's what this program allows for. We safely sit with you while you have these feelings coming in and we teach you how to manage them. And we teach you how to release them.

Sharon ([16:22](#)):

And it's an introductory program to who we are. We love it. It's just four short weeks. It's a, you'll get coaching from Erica and I, which is great. We do that on zoom, which I absolutely love. We also have a lot of free products. We have this podcast, we have our blog, just a thought we have where you can set a mini session with Erica and I just to share your grief and talk that you can find it healing starts with the heart. But most importantly, we also have new our Facebook group. And we'd love to have you be our friend, come be a girlfriend with us on the Facebook group, where we talk openly about grief with other friends that have suffered

losses, suffered divorces, had the pain in their heart, but we're just open to sharing, Hey, how are you doing today? Which is really a great place to have a communication. Friends, thank you so much for allowing us in again, that website is healing starts with the heart.com. The Facebook group will be in the notes down below. You can definitely join there. Thank you so much for allowing us in for this little moment to share with you and just open your mind up to the possibility that there may be some more work for you to do

Erica ([17:32](#)):

Absolutely to know that no matter how much time has passed healing is possible. It's always possible, and we can help you with it.

Sharon ([17:40](#)):

Okay. Thank you. Bye.

Erica ([17:43](#)):

Bye friends.