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Kellie Hayes, LPC and LCMHC, has six years in the counseling field. She has worked with teens, adults, and children in multiple settings in the course of her career. She is currently working in a group practice based in Texas and is seeing clients part time in her private practice in both TX and NC. Kellie focuses on helping her clients believe people aren't mad at them and learn to live and THRIVE in spite of their past. Kellie utilizes Eye Movement and Desensitization (EMDR) in her practice. Welcome, Kellie.

Allison Puryear (she/her): welcome back to Not Boring CEs. I'm here with Kellie Hayes, and we are talking about Harry Potter and trauma renegotiation and I love a good allegory. I love like

Allison Puryear (she/her): metaphors I feel like, and I also love Harry Potter, so I feel like this is a really great way to conceptualize trauma in a way with clients or for clients that may really help them

Allison Puryear (she/her): and a million different ways. So thank you so much for coming on this talk.

Allison Puryear (she/her): So where should we start?

Kellie Hayes: That's a great question.

Allison Puryear (she/her): let's just start at the top. Okay, I'm I'm I'm thinking about. So there may be some people in here listening or watching who

Allison Puryear (she/her): have only seen the Harry Potter movies once, or something like that. So we want to. You don't have to be a huge devotee. You don't have to have been to Harry Potter World like this is all gonna make sense in the context of this one podcast so you don't have to worry about

Allison Puryear (she/her): rereading all the books or something. So

Allison Puryear (she/her): let's talk about just some basic trauma stuff. Having said all that about Harry Potter. Can we talk about just identifying trauma responses to begin with.

Kellie Hayes: absolutely. So

Kellie Hayes: so so I guess I'm gonna I'll start with. So if you've only seen the movies, or if you've not, if you've only read the books, or if you. I guess if you haven't done either. One trauma in Harry Potter is just kind of an a theme throughout the entire 7 Book Series, 8 movie series.

Kellie Hayes: So identifying trauma responses, and at least in my eyes is

Kellie Hayes: you can be triggered by smells, by sound, by by what you see, by what you hear, all the senses can be. Trauma responses

Allison Puryear (she/her): absolutely. And so I'm thinking about like I'm thinking about like

Allison Puryear (she/her): social media therapy right now. And how it's like, if you ever had an ingrown toenail. It's because of trauma, you know, like, it's very everything's a trauma response

on there. So how do we differentiate what we might see clinically in our offices, and what our clients may be experiencing as like a

Allison Puryear (she/her): a true solid trauma response versus.

Allison Puryear (she/her): Yeah. Well, so in my, in my eyes. It's a trauma. Response is something good.

Kellie Hayes: I think the the best way to speak to that is something that feels like it's internal, and you feel like you can't control it, and it's just it comes out of nowhere. So, for example, if someone.

Kellie Hayes: if someone's traumatized by by someone who is wearing, I don't know. Let's just use old spice, Cologne, or old Spice deoderant, or whatever for the for the rest of you know your life, or for the you know 5 years, 6 years. Whatever it is, you're when you smell it, it's gonna bring you right back to that time that you were traumatized or receiving something or experiencing something. So that's for me. That's a trauma response versus.

Kellie Hayes: Oh, I don't like the way old spice smells. It's because my grandpa yelled at me.

Kellie Hayes: you know, 30, 30 years ago, or you know, I stubb my toe to use a toe example again. So it's I guess that's what differenti differentiate between stress and not having a good memory versus a trauma response and avoiding that memory. Yes, so it's so personal.

Allison Puryear (she/her): I always have a bit of an eye roll of like people pleasing is a trauma response. Not

Allison Puryear (she/her): only it, like sometimes, yeah, but also not always. So. Yeah, like people pleaser cause they got screened at, and it was awful the one time they tried to have a confrontation with someone. Sometimes it's just like it.

Kellie Hayes: It seems easier. And you're taking the path at least resistance. Exactly. Yeah, yeah. It's like, if you're people pleasing, you know, if you're gosh, that's a great point about, you know, if you're people pleasing. You know, a boss versus people pleasing, you know, people pleasing, using quotations. You know your partner. It's not you don't. People please the same way with the boss in a partner. You just you don't.

Kellie Hayes: Right? So right? It's not. It's

Allison Puryear (she/her): non trauma. Response always to your point. Yeah. Yeah. And then I mean, I think that also brings us to like big T versus little T trauma. And how? Yeah, let's kind of define those as best we can. And explore that a little bit.

Kellie Hayes: Okay, so big. T trauma. In my opinion, it's like, it's a one time event, or it's a you know, one time, event or multiple events happening. But they're big, like sexual assault or gunshot, or shooting, or

Kellie Hayes: gosh! A fire. Natural disaster. I mean, you name it like just something that's like, Oh, my gosh! That must have been so hard to get through. How did you get through it? Whenever you hear? You know, people ask that question. That's an indication of a big t trauma, in my opinion, and little little T. Trauma is for me. Those are attachment wounds, and those are really something back to childhood again. My opinion, it's one of those things that you know, it's repeated. It's ongoing.

Kellie Hayes: and it's not necessarily abuse. It's not neglect. It's not anything that is

Allison Puryear (she/her): on paper. Easy to understand why you're traumatized absolutely, which I love. I like that description of it, that on paper it's not easy to see

Allison Puryear (she/her): why you're traumatized.

Allison Puryear (she/her): because it's what so many people with little T trauma experiences this minimization of their experience when it's very salient for them. It's very impactful on their lives. And even like Big T versus little T. It sounds like

Allison Puryear (she/her): Big T is more important.

Allison Puryear (she/her): like even just the language versus little T. When, like little T can mess up your life just as much. It can be just as

Allison Puryear (she/her): hard to heal through

Kellie Hayes: as big T trauma. Yeah.

Kellie Hayes: I love. I love the way you phrase that, and something else that comes to mind that I find myself saying a lot to my clients is that old adage sticks and stones, may break my bones, but words can never hurt me. It's like I just want to shake the person who came up with that, because I have never heard something as untrue with that. Absolutely.

Kellie Hayes: That's big t trauma. And that's the way I explain it to my my clients is it's a big t trauma. It's really like sticks and stones like something you can see like physical

Kellie Hayes: with versus little T. It's those words. It's like, there's so many people who specialize in attachment trauma for a reason, because there's so much of the little T drama. Umhm, absolutely.

Allison Puryear (she/her): Yeah. And it's the trauma that most clients also minimize themselves like it's minimized by other people as well. But they minimize themselves until they start to recognize like, Oh, this is, this is

Allison Puryear (she/her): what's causing this pattern. Or this is, you know.

Allison Puryear (she/her): this is something I "should" be over with quotation marks. But I'm not.

Kellie Hayes: Yeah, okay, yeah, that's that's a yeah. The quotation is for the "should" be over it. And again.

Kellie Hayes: we all know that we shouldn't "should" on ourselves. But we typically do. We always do, especially if the well you should be over it, or you know I don't know why it's such a big deal. If it's coming from people who are important to you. Mom, dad, grandparents, family partner, close friends, siblings like you're gonna learn to minimize your own feelings. Absolutely.

Allison Puryear (she/her): So I think about how coming back to Harry Potter. There are tons of different trauma responses amongst the characters. There's a lot of big T and little t trauma that we can like follow through with the characters.

Kellie Hayes: Did we hop into some of that

Kellie Hayes: love to do it

Kellie Hayes: so? Oh, go ahead! No, no, you go ahead.

Kellie Hayes: So I was just gonna say, if you're not familiar with the story, Harry Potter, like at its very basis, it's about a little boy who was given to his aunt and uncle, and because of because his parents were supposedly killed in a car crash. That's what he was told, all growing up by these 2 people. I'm gonna just put a pin in that and just keep my opinions on that to myself. But to, you know, Harry, even when he was what a year old

Kellie Hayes: he experienced one of the biggest T traumas that you could ever experience. Right? It's that he witnessed, and he may not have, you know, vivid memories of it, you know, in the first book, but he's got, you know he's got. He watched his parents be murdered right.

Kellie Hayes: and then he had. Then he was

Kellie Hayes: he he, the the wizard Voldemort, attempted to kill him, and he's the only one in living history

Kellie Hayes: in in a wizarding world to ever survive that kind of curse, and that no one else has ever done that before. And it's because his mom sacrificed herself basically by throwing her herself in front and just saying.

Kellie Hayes: No, please don't take, you know. Take me, don't take Harry, just, you know. Leave him be so big T trauma for sure.

Kellie Hayes: And yeah, he just experiences that throughout every single book. And it

Kellie Hayes: I was reading when I was reading these originally when I was a teenager. It's one of those things that I was like. Gosh! Does he ever get a break. And I remember having that thought like does this kid ever get a break. My goodness.

Kellie Hayes: he's almost he's almost killed, or

Kellie Hayes: he's hunted, at least

Kellie Hayes: throughout every single book.

Kellie Hayes: so that they see trauma with Harry. We don't know as much about Hermione, but I would say that she's experienced big t trauma

Kellie Hayes: and I'm trying to think of in the first book she had to. She had to witness Ron be thrown off a with the wizarding chessboard, and she had to. I would say, this is a big T. Trauma could also be classified as a little T, but she had to use her brain to figure out which potion was not gonna hurt her. Kill them all of that. And I think a lot of it speaks to, you know. Going back to that.

Kellie Hayes: There's attachment, there's perfectionism, and there's tendencies to not feel good enough. I feel like that is a potential trauma response for her. We just we don't know a lot about her history because she's a muggle, right. We don't know what happened in her world

Kellie Hayes: with Ron. I would say that he's the he experiences big t trauma, or maybe maybe even just little T. By being

Kellie Hayes: the sixth kid in out of 7, I believe.

Kellie Hayes: and not feeling good enough, not feeling seen, not feeling like his mom wants him. Comparing himself to Harry, not thinking that he's ever going to, you know. Find it, find someone for him.

Kellie Hayes: And all along it's (spoiler alert) it's Hermione.

Kellie Hayes: So that might be. Those are. I think he just experiences a lot of little T up until the seventh book. Same thing with Hermione. I think a lot of it is little key trauma up until the sixth and seventh book.

Allison Puryear (she/her): Yeah, when even just thinking about like the wedding scene is that in the sixth book fifth or sixth, seventh. Okay, yeah. Just thinking about like the wedding scene where everybody is like, it's this moment of joy. Everybody is like they're taking a breath finally. And then it's all ruined. And just thinking about that dynamic in our clients of they're afraid the other shoes gonna drop all the time, so they never fully exhale

and then sometimes, when they do shit happens.

Kellie Hayes: am I ever going to experience anything good without something really awful happening? What did I do to deserve this kind of treatment, this these events to keep happening

Allison Puryear (she/her): absolutely and thinking about Ginny. In second book, second book, yeah. And

Allison Puryear (she/her): you know she's more of a tertiary character until you know she ends up with Harry. Essentially. But there's the sense of in the seventh book. Yeah. You know, people they love dying left and right. It's just

Allison Puryear (she/her): a lot of trauma. And that's kind of how we end off the the

Allison Puryear (she/her): kind of 7 Book Canon. Right? Everybody's died. But here's the scene at the end where they're grown up, and it's all fine. And I find that transition very interesting of like the resolution feels for

Allison Puryear (she/her): so much more for the audience.

Allison Puryear (she/her): Like for the reader or the viewer to be able to trust that it it all worked out. And all those years they they process that trauma fine! They're not still crying over their lost brother, or, you know, like that kind of thing.

Kellie Hayes: you're you're right. I never really thought about that. But I, even when I was at what 17 years old, 18 years old reading at home on high school graduation night.

Kellie Hayes: It was reading it all.

Kellie Hayes: It's to my ma just a quick side note, my mom, you know. God bless her! She

Kellie Hayes: she went out, and she went out to the midnight release of it, and then I stayed up, and I, you know, waited on her. But that was my high school graduation gift, was the Harry Potter 7 book like in it. It still brings me tears like when I think about it just the fact that my mom she is not a night owl at all. And she still went out and got that book for me. I love that.

Kellie Hayes: Yeah, it's God bless her! Yeah, I'm gonna just similar vein, like I have a Harry Potter teary thing where breastfeeding was very hard for me with both my girls they would like I would like bleed through Bras they were. It was not a good match initially until they got a little bigger, and then it was fine, but with my second, because we'd already had the experience with my first, and being so rough.

Allison Puryear (she/her): my husband would just like sit up with me while I fed her in the middle of the night and read me the fourth book of Harry Potter. So I know it's interesting. How like it's sweet. How this weaves into our lives in these meaningful ways that really don't have anything to do with the content of the books except our appreciation of them. Yeah, but

Kellie Hayes: go ahead. There you go.

Kellie Hayes: I was just gonna say that to your point about the the last. I remember reading it during the summer. And then I got to that very last chapter, and I was like, Okay, and then I was like, Oh, there's a prologue

Kellie Hayes: or an epilogue, I guess, is the right word. But I was reading it, and I got to the end. I was just like, Well.

Kellie Hayes: is it okay? Yeah, how do we know? Like, where's the proof?

Kellie Hayes: Yeah. So that it just it's like your to your point again. It's it just felt very force. It felt like you could have ended at the last chapter, and then you just leave up. You leave everything to the imagination, and I wonder

Kellie Hayes: how that speaks to JK Rowling's own trauma history. Like, what was was she writing that epilogue or closure for herself to say, Hey, everything is okay, everything will work out. Is. That was that for her like who was up for right right and just knowing some about

Allison Puryear (she/her): her history like there's plenty of trauma there, and and she's

Allison Puryear (she/her): she has earned

Allison Puryear (she/her): a controversial reputation. Don't agree with her turf, Ness. Wish that it was not associated with her books in any way, but you know we can't divorce the author from the books fully, even though I desperately want to and still love the books, even though I strongly disagree with her.

Allison Puryear (she/her): so I'm thinking, too, about the professors

Allison Puryear (she/her): and their big T and little T. They saw so much violence they saw, you know, like they were teaching and responsible for a school full of children.

Allison Puryear (she/her): throughout different phases of absolute fret.

Kellie Hayes: you're right and then all start all started with.

Kellie Hayes: I mean, not all. But I would say 99.9% of the issues or problems came when Harry was at Hogwarts, you know, for obvious reasons. But I also wonder if you know what, if what happened to Severus Snape would have

Kellie Hayes: just let the like. you know. Divorce Harry Potter from James like. I wonder how much

Kellie Hayes: things would have changed, or I wonder how much things would have been easier for Harry, because he would have had a safe adult with his life. Finally, for the first time, right?

Kellie Hayes: Right?

Allison Puryear (she/her): Cause, I mean, he had Dumbledore, but like I don't know about safe adult and Dumbledore as a like grown up, I think when I was younger I saw him as safe.

Allison Puryear (she/her): And and younger, being like in my twenties when I read it. But

Allison Puryear (she/her): like as a as a real grown adult at this point, not in my early twenties and as a parent, I think I'm I'm like, Dumbledore, what? I'm sorry. What's going on? Yeah, yeah. So there's also a good bit of like.

Allison Puryear (she/her): you know, some of that could also be coming from Dumbledore's trauma. His own life experiences his need to hold his, his cards close to his chest in many ways. I think fair warning for a child is probably a good idea instead, still having him figure stuff on himself.

Allison Puryear (she/her): When his life is in in danger. Right? Yeah, absolutely.

Kellie Hayes: You know, and I think I think of you know Professor McGonagall, too, like what was heard, because we don't know much about her at all. And it's it's interesting to to really, now that I'm thinking about it, it's interesting to see how to think about how a lot of the female characters we don't have a lot of history of just Jimmy

Kellie Hayes: Umhm. So, and I just I wonder if JK Rowling meant to do that, or if it was something that she didn't mean to do, or if it's something that just happened. But I just I just kinda wonder like, why is there no or little to know history of

Kellie Hayes: these female characters.

Allison Puryear (she/her): Yeah, that's interesting. And I think, like they can, they seem on the surface. More. One dimensional right like, for for much of the series. My gotta go feels like

Allison Puryear (she/her): just the stern one, with very like a few little moments of like you get this glimpse into her humanity and her like.

Allison Puryear (she/her): She's excited about quidditch. So she's gonna like snag Harry out of class and things like that.

Allison Puryear (she/her): like Mrs. Weasley is just like

Allison Puryear (she/her): a sweet mom, you know, like she's that

Kellie Hayes: stereotype. Huh!

Allison Puryear (she/her): yeah, there's there's a good bit of one dimensionality.

Allison Puryear (she/her): that happens as well, but I mean we can't flush out every single character. I'm not a writer, but it seems like that would be a lot books are there plenty of them in there long enough that we might not need to dive so deep into each of these characters when the attention is really on the primary characters.

Allison Puryear (she/her): but I'm thinking about how like with clients.

Allison Puryear (she/her): It could be a good example of like, you know, we don't know what's going on with McGonagall. Right? We don't know what's going on with your boss.

Allison Puryear (she/her): She is really stern, and every now and then you see this glimpse of humanity.

Allison Puryear (she/her): But that doesn't mean she's like your mother.

Kellie Hayes: right? And how do we? How do we change? How you respond to your boss? Because she isn't your mom or she is they. He's not your dad right. She may remind you of them, and he may remind you of

Kellie Hayes: that childhood, you know, trauma.

Allison Puryear (she/her): and it's not them. It's like your system is just trying to keep you safe, absolutely. So how do you in session if you're with somebody who really loves the Harry Potter series and knows it well. How do you weave some of this

Allison Puryear (she/her): of what we've talked about into sessions in a way that has them experiencing their life differently.

Kellie Hayes: That's a great question I'm thinking back to. I'm thinking, back to a client I had.

Kellie Hayes: Gosh!

Kellie Hayes: 3, 2 years ago 3 years ago, doesn't I guess it doesn't matter the time frame, but it's I remember she loved Harry Potter just like I did. She was an avid fan reading the book.

Kellie Hayes: and we came up with and you're you're familiar with Harry Potter, with the the marauders map, and we kind of had a different take on it. Instead of just like putting random people on there, we actually made it an actual map, and we put out her trauma on there. So we're getting ready for EMDR on there, and we put

Kellie Hayes: all of that. And then she she was really artistic as well. So she folded it up

Kellie Hayes: and then, whenever it was time for session she would open it, and then we would come up with. So we would. I would interview the you know. How do you? How do you banish? You know, dementors

Kellie Hayes: and I would do the acumen, and I would throw in there. You know what's something that you would like to say, What's up? What's a happy memory that you can think of during this time? So that's how that you know, will that? And then for again for EMDR. She use this bag

Kellie Hayes: akin to Hermione's expanding bag. And so she was like, Yeah, things are, gonna stay in there. They're gonna be comfortable, and they're gonna be big enough because it expands. It's never gonna be too much for that. And it was it was really cool for her to see, or it was really cool for her to see, and then for me to see like light bulbs go off like, Oh, I'm having a tough time. I can just put

Kellie Hayes: this memory, this feeling, this sensation in here until I'm ready to process it. Umhm, I love that for containment. I never would have thought of like a marauder's map.

Allison Puryear (she/her): That's so smart because it is like inherently folded up

Allison Puryear (she/her): and put away today into a safe spot where it won't get lost or stolen. Yeah.

Allison Puryear (she/her): And like you. Oh, well, and you mentioned dementors, which for people who don't remember what dementors are and how to

Allison Puryear (she/her): get them to go away, how to basically dissolve them? How do you describe that?

Kellie Hayes: So dementors are dementors? However, you want to pronounce it. It's they are

Kellie Hayes: soul sucking beings that guard the prison in Harry Potter. Wizarding world, which you know I don't love. The idea of people who are things that are so sucking, guarding other people, but that's either more there, but it's their soul sucking beings. And then all of a sudden they are being asked to

Kellie Hayes: guard hogwarts in the third book, and that's how they come into play in the third book into the that's how we get to know them.

Kellie Hayes: They're they have no no feelings other than they feed off the happiness of, or excuse me, off the sadness, and despair of other people, and how you get rid of them is thinking of a happy memory and something so strong that it just takes things away. So I, the way I phrase it to clients who love Harry Potter is a dementor, is a trauma response right?

Kellie Hayes: And then, if we use mindfulness to vanish it, then it doesn't make the memory go away. Doesn't make it, you know, doesn't make it any less traumatic for you it just makes it easier to deal with

Allison Puryear (she/her): and I love it for people who read the book or saw the movies like they look kind of like Halloween ghouls, a little bit like kind of float around and I love the idea of personifying the trauma response to help make it less

Allison Puryear (she/her): like less about me freaking out.

Allison Puryear (she/her): you know, and it being a me like. It's all my fault versus. It's like this is the thing that happens. And here's what it looks like. And it is this thing sucking the joy out of your life right now versus

Allison Puryear (she/her): It's so common for our folks with trauma to just self blame so much, and I find that personifying helps pull it outside of them.

Kellie Hayes: I love that idea of d mentors, and I love

Allison Puryear (she/her): I'm thinking about the the way that you banish them is to think of a happy.

Allison Puryear (she/her): happy experience. Memory, thoughts.

Allison Puryear (she/her): How do you balance that with the clients who would rather just think all the happy thoughts, not process the trauma itself.

Kellie Hayes: That's a great question. So it so you're asking. And I just wanna make sure that I get to your question. So it. How do they? How does clients?

Allison Puryear (she/her): You repeat that? I'm sorry. Yeah, absolutely so. Well, I'll give an example like I am. I am a person who, as a client will use CBT for evil like I will use it to just not feel

Allison Puryear (she/her): so I have to be really careful with a lot like making space for my feelings. So I can imagine if I was like, okay, this is a trauma response. And if I think about these experiences, I don't experience my trauma response or my trauma. Really. So I'm only gonna think about these positive experiences and try to bypass the work that gets me through and gives me really like.

Kellie Hayes: really know, renegotiate the trauma. Essentially okay.

Kellie Hayes: got it. So that's a great question. So I

Kellie Hayes: I have my own thoughts about CBT, and I think it's great for certain things for trauma maybe not so much. And so whenever a client is wanting to use CBT for trauma, and comes in to say, Hey, I just wanna learn how to stop. I wanna learn how to do this. I

Kellie Hayes: I say to them like, Hey, we can do that. And how has that worked for you in the past.

Kellie Hayes: you know. And then I explain what EMDR is and I use. I use the

Kellie Hayes: hmm. I use the the spell. the expecto patronum as an example like, Hey, this is what EMDR could do. It doesn't. It doesn't mean that we are going to forget about this memory because it doesn't it doesn't define you, and it doesn't, you know.

Kellie Hayes: doesn't have to run your life. You're still gonna, have power over this memory, this. And even if this memory pops up the way that we can think, think our way and feel our way out of it is by having this one happy, really strong memory, and

Kellie Hayes: it just makes room for you to enjoy the future memories that you'll have with your partner, with your kids with your family much easier to be in the moment and not worried about those dementors popping up again,

Allison Puryear (she/her): I like it totally answer, your question. I'm just thinking I'm just thinking about like

Allison Puryear (she/her): the permission giving

Allison Puryear (she/her): that happens inherently in that conversation, you know.

Allison Puryear (she/her): that it's it's not just like, let's think happy thought. It's like.

Kellie Hayes: let's let's make this better by working through it and working through it. You won't have to cast this patronus so often.

Kellie Hayes: Yeah. And it's the way the reason I like using Harry Potter interweave and intervention with EMDR is because inherently, if we're looking at.

Kellie Hayes: you know, we have trauma responses as dementors. We have the expecto patronum as the actual, like EMDR itself. But then we have the happy memory to summon in the patronus, and the happy memory is part of the

Kellie Hayes: the

Kellie Hayes: preparation stage. I'll just for using that. The EMDR language is for the preparation of you know we have the secure space. So that's the Hermione example I used earlier with the expanding bag, and then the secure space that can be what you use to, or the secure space is the happy memory that's so strong with all 5 senses that that's what you're using to cast those patronuses, and it says it's enable enable to protect you from

Allison Puryear (she/her): things coming in, but also things going out, and how you respond to things, so

Kellie Hayes: can I geek out for a second? Yes, please. So if we're using that those examples, right? So if we, if you are familiar with the books, and even if you're not so in the third book. And in the third movie Harry and and Hermione go back in time, for.

Kellie Hayes: you know, to rescue Sirius and to rescue Harry from those dementors and those trauma responses, and the only reason that Harry is able to go back in time is because he watched himself do it before. And so that's what I love using EMDR and Harry Potter anyways, because it's like, Oh, here are some concrete examples. You've already done this before.

Kellie Hayes: And what worked for you in the past isn't gonna work you in the future. It's not working for you. Now let's look at some different ways. And so Harry had faith in himself to rescue not only himself from getting his soul sucked out by the dementor, he also helped rescue Sirius.

Kellie Hayes: So just have faith in yourself, and knowing that you've done it before, and that you can do it again, and that can make all the difference

Allison Puryear (she/her): right. And there was a moment there where he didn't realize he was the one who did it, and he kept waiting for someone to save him, basically until he realized he was the only one there to save himself also a powerful

Allison Puryear (she/her): message.

Allison Puryear (she/her): yeah, yeah.

Allison Puryear (she/her): I'm thinking about the

Allison Puryear (she/her): the small t traumas of Harry growing up with his aunt and uncle as well.

Allison Puryear (she/her): and how nobody reads that. And it's like no, not so bad.

Allison Puryear (she/her): you know. So there's also a space to help people

Allison Puryear (she/her): give the gravity to the smaller T traumas by using him as an example. And some of his experience.

Allison Puryear (she/her): Yeah. because there's a lot of small T trauma throughout those books.

Allison Puryear (she/her): and I guess assumed small t trauma before they even began right like if they're this awful to Harry now at 11, how awful have they been the past, you know, 10 years. So exactly. Yeah. You know, it's you know. Now, they were kind of talking about it like, you're right. We don't know what the small t all the stuff like he was dropped off as a one and a half year old or a one year old, right

Kellie Hayes: dropped off on his aunt's doorstep, and she already has this really gross feeling about him, and so does her husband like.

Kellie Hayes: What did what did he experience as a baby, you know. What did he experience as a 2 year old, when cause we all know how? 2 year olds 3 year olds 4 year olds

Kellie Hayes: test patience test patience. So it's, I wonder

Kellie Hayes: what what like did he experience a lot of big t trauma during that age? And we just don't know about it. You know it.

Allison Puryear (she/her): What do we know? And some of his aunt, small t trauma in comparison with like her sister, and how she like, ended up really hating her sister because she never felt special like her sister.

Allison Puryear (she/her): yeah.

Allison Puryear (she/her): And awful Dudley.

Kellie Hayes: Yeah.

Allison Puryear (she/her): yeah. Is not written as a very sympathetic character.

Kellie Hayes: No, he's not until you get to the last book, and it's not maybe sympathetic. But it's like, yeah, how much of how much of Dudley's environment and how much of Dudley's parents influence did they have on him for hating his cousin, who was same age? We just

Kellie Hayes: I wonder if I wonder how much Dudley would have been able to. I don't know, understand, and be there and offer compassion for Harry. How do you know? And his actual

Kellie Hayes: history, and

Allison Puryear (she/her): had not been so full drawn by his parents. Umhm and I feel like there's so many like what our parents teach us analogies here, right like somebody coming in and being like, I realize, like, I'm really prejudiced against this particular group. This is how my parents were, or

Allison Puryear (she/her): or just the way they think about certain people in their family based on, I mean, same kind of situation based on what they were taught about them, growing up that they may, are renegotiating their experience of

Allison Puryear (she/her): yeah.

Allison Puryear (she/her): it's an interesting thing how

Allison Puryear (she/her): there's so many things that we all experience within these books that are about things. None of us experience

Allison Puryear (she/her): right like there's there's no wizarding world, unfortunately, that we are aware of.

Allison Puryear (she/her): and yet, like the the very human experience

Allison Puryear (she/her): is so relatable in so many different ways.

Kellie Hayes: you know. And I wonder, too, with with adults reading the books for the first time. I wonder, I wonder what their experience is like. And I also wonder

Kellie Hayes: what characters they really see themselves in, like what you know. Do they see themselves in

Kellie Hayes: separate and understand that versus response, and like there's no excuse for any sort of teacher abusing their power over a child whatsoever. But I wonder who who would you? You know

Kellie Hayes: better term as a kid.

Allison Puryear (she/her): Yeah. And it's interesting, like my patience for the kids.

Allison Puryear (she/her): Had I read it when I was their age, I might be less patient with some of them right versus as an adult, and seeing how like little experience with anything children have, there's much more

Allison Puryear (she/her): I'm much more generous with them than I might have been when, if it had come out when I was younger.

Kellie Hayes: Yeah, you know, I when I was to the first book came out when I was in fifth grade. So 11. So right.

Kellie Hayes: So the first book came out, and I found myself being so annoyed with Hermione throughout the entire book. It did not matter whatsoever that she saved their lives, and that she was

Kellie Hayes: she that she helped out in so many different ways, and it's just

Kellie Hayes: as an adult, or even as a teenager. When I reread the first book I was like Hermione, like I am so sorry that I was kind of mean to you in the first book. You just want to prove herself. She just wants to. There's a obviously a lot of perfectionism there. And also just, She just wants to be connected in love. And I wonder how many of our clients feel a lack of connection and feel a lack of love from family of origin.

Kellie Hayes: but also like, how much do they have to prove to prove themselves to other people to be good enough she had to earn her spot at Hogwarts. She's already got it.

Allison Puryear (she/her): and I'm wondering that's a therapized. But I'm wondering if like that annoyed you so much at that age, cause that was a part of yourself you really didn't like. Oh, I am my ideal client, right? Right?

Allison Puryear (she/her): Yeah. Cause I think about like

Allison Puryear (she/her): I had.

Allison Puryear (she/her): The Internet had something a while ago that was kind of like what 3 characters from books, TV or movies are you most like and Hermione was one of mine.

Allison Puryear (she/her): And I like I don't think I don't think I have the like. Know it all quality that she has that can make her annoying, but that striving to do everything the right way, and the best I can totally over relate to and you know, mixing a little Leslie Knope from Parks and Rec, and it's it starts to become very much like me.

Allison Puryear (she/her): But seeing it as an adult who can acknowledge my flaws and acknowledge my strengths in a way I couldn't say as a kid like even just this morning I was talking to my 7 year old, and she's like, I don't want any feedback. And I was like, Okay, that's fine. Feedback is how we get better. And we want to get better at this thing. Are you sure it's it's like

Kellie Hayes: it's worth it to not ask this person for feedback. She can make me feel bad about myself like. I'm not good enough. And I was like, oh.

Allison Puryear (she/her): so just thinking about. I know I know there's no taking it out, unfortunately. And there's also no getting where she wants to go without feedback. So it's this.

Allison Puryear (she/her): we'll sort it out

Allison Puryear (she/her): but just thinking about reading it as a child and being annoyed by certain characters.

Allison Puryear (she/her): Like. I was also as a as a young adult annoyed by Ron and how I could see now, looking back like there's that part of me that's afraid of being too much

Allison Puryear (she/her): and annoying and like I found him to be too much and annoying sometimes, and how like it just revealed some things about me that I can. You know they can run with.

So

Kellie Hayes: yeah.

Kellie Hayes: and as a as a kiddo, not as a kiddo, but as a 15-14, 15-16 year old, reading the fifth one, where Harry's like, you start to show some real PTSD symptoms, and I know that now as a as a therapist is someone who has clinical knowledge of it. But it 14-15. I'm just like, why are you yelling?

Kellie Hayes: I don't understand why, you're yelling at these these people who love you, who accept you, and it's like goes back to like me, not feeling accepted and good enough, and wanted by my friends, it's like, Don't push them away so.

Kellie Hayes: But then to that, to that point, he's experiencing so many trauma responses during that fifth book, right. He's having to fight off having to fight off Snape with the

occlumency. And he's, you know, he's reliving those, you know, watching Cedric Diggory killed. He's experienced so much trauma already by 15. He's having those responses. And he made even described in the book like

Kellie Hayes: he feels like he can't control himself, and he feels like he can't. He feels like he can't control

Kellie Hayes: the yelling. And I think I loved Hermione for standing up to him in that book, and just saying, there's no need to talk to me like that. There's no need for you to yell at me. There's no need for you to treat us this way. We're on your side.

Kellie Hayes: and to, you know, really relate it back to clients. It just makes sense like it's so good for people to say, Hey, it's not okay for you to talk to me like that. Yes, I know you're hurting. Yes, I know that you're experiencing. Maybe this trauma response. And that's not okay that you're treating me the way that

Allison Puryear (she/her): that you are treating me now. Yeah, so important for people who are who have loved ones who are working through trauma, and also so important for the people with trauma to see like

Allison Puryear (she/her): this is this is one way love can look.

Kellie Hayes: Yeah.

Allison Puryear (she/her): it can be calling you out on this behavior because they love you. And this is not how they deserve to be treated. And as long. And you know they're offering support Ron and Hermione there with with Harry

Kellie Hayes: literally the entire way, except for that brief little sentence, seventh book. But it's what I love about Hermione's character is that she sticks with Harry, no matter what like.

Kellie Hayes: So it's for me as a as an adult reading these books like Hermione's values, right, friendship, loyalty, and integrity. She's someone of her word, and she does not back out as you're talking about in your newsletter. She's not someone who backs out at all, she said. I'm giving you my word. We said that we would do this with you doesn't matter how hard it gets I'm with you, and I think that their friendship is one of the best things that I've ever read about.

Kellie Hayes: But yeah, I mean, and I think about how having examples in

Allison Puryear (she/her): Media of what healthy friendship looks like. that. It's not always easy, like even Ron leaving and coming back like that. There can be breaks.

Allison Puryear (she/her): and they're not forever and

Allison Puryear (she/her): yeah, that having those like ride or dies, basically, the people that really will stick with you really will, even when it gets really messy, and that you will stick with them and that you'll talk about it instead of just shoving down the resentment of having chosen to ride. So

Kellie Hayes: that's I'll and I. That's a great point. And I also think that it's it's great, you know. Ron left because he couldn't take it. I'll take that back, and not that he couldn't take it. It's just that it got really hard, and he had expectations of Harry that were not met. So I. That's what he's angry about. The expectations were not met

Kellie Hayes: but for for Ron to come back, says so much about his trust and his love of Hermione and Harry, right? Just like, Okay, well, I'm willing to be vulnerable if you guys will have me back like they could have said no, they could have.

Kellie Hayes: you know, said, No, we're doing fine without you. And even if you know, even if they didn't welcome them back, I wonder what Ron would have done, but we don't have to worry about it. We don't have to think about that, because they welcome them back absolutely a lot of like grace for one another. Around.

Allison Puryear (she/her): like not being your best.

Kellie Hayes: Just saying show up show up how you want to show up, we will be here for each other. And I think that it's not really shown in the movies, but in the books there's so many examples of

Kellie Hayes: so many ruptures, but also so many repairs.

Allison Puryear (she/her): Yeah, and how helpful that is, especially for our perfectionistic clients. I feel like

Allison Puryear (she/her): in order to earn the love of their friends. They have to do it right all the time, which keeps them people pleasing, because then they're not gonna they're not gonna bring up the thing that hurts cause. Then it risks ruining everything. So and that just building resentment and sometimes self reproach. And

Kellie Hayes: yeah.

Allison Puryear (she/her): yeah, it's so good to have examples of this.

Allison Puryear (she/her): because we don't see it like

Allison Puryear (she/her): people don't see this happening in the friendships outside of their own. They may hear the drama of it. I'm thinking particularly of like teenagers and young adults. They may hear the drama of like so and so and so and so aren't friends anymore.

Allison Puryear (she/her): And then all of a sudden, they're friends again, but they don't see how that happened.

Allison Puryear (she/her): And to have books or movies, or just media of any kind

Kellie Hayes: giving examples of a healthy way to do that, and and sometimes an unhealthy way to do it in the repair that follows. I think that's really important. you know, and to your point I can't. I wonder

Kellie Hayes: there's not. Well, so if you, if we talk about Percy right, we know that Percy is like that perfectionist that he's always wanting to do something, always achieve the next goal, always wanting to achieve the like level of power. And then, whenever he leaves and leaves the house and everything.

Kellie Hayes: He's always welcome back by his mom. He's always welcome back by, you know. Maybe siblings give him a hard time, but they respect their mom enough to say, Hey, and they love their mom enough to say, Hey, I guess, come, back, we're gonna give you a hard time.

Allison Puryear (she/her): and mom it makes Mom happy, right, right? And like, even though you made this choice to work for the Ministry of Magic like even though you made this choice, that is, against our values. At this time we love you.

Allison Puryear (she/her): and you have a place here with us.

Allison Puryear (she/her): and we hope you change your mind. There's not a lot of that going on in the world right now. I don't think of like our values clash. And so

Allison Puryear (she/her): but I'm still going to accept you.

Kellie Hayes: No.

Allison Puryear (she/her): yeah.

Allison Puryear (she/her): Are there ways in which bringing Harry Potter into session has surprised you?

Kellie Hayes: Think about that for a second.

Kellie Hayes: you know what?

Kellie Hayes: Actually, yes. So I'm thinking back when I lived in North Carolina there is.

Kellie Hayes: and

Kellie Hayes: someone who I did not know was a Harry Potter fan.

Kellie Hayes: and then they but I'd know that I knew that they were a voracious reader. But the and then they mentioned Harry Potter. And I was like, Okay, awesome. And I feel I was like, mentally like, All right, let's go.

Kellie Hayes: But it's you know she did not go where I thought she would. She said, that she is. We're doing the secure space, and we're doing like all of that work for EMDR, but, she said, you know I can't even imagine. You know reading these books now is comfort. That's what she used to do. Like me that, she said. I can't even imagine reading these books and thinking of these characters, and you know.

Kellie Hayes: knowing how much trauma they experience, and knowing how much like I you know that I enjoyed reading them, and I just kind of glossed over. It makes me feel bad for them, and that makes me feel guilty and

Kellie Hayes: etc. And I was like Oh, well, so that surprised the heck out of me.

Kellie Hayes: She she said. I can't even read these books anymore because of all of these that goes on because of all the neglect that goes on with kids like I can't read this like, okay, well, I'm gonna like, back track on some of my, my Harry Potter references. But we're gonna go with it.

Kellie Hayes: but it's it's so funny cause when I asked her like, who does she relate to the most? She, you know, she said Hermione.

Kellie Hayes: And she said that Hermione experienced trauma in her own way. But you know, at the after we did the touchstone memory, and not feeling good enough, and all that stuff. She said that she was able to, you know. Get back into the book and see it with a different light of

like, Hey, these kids? Yes, they've experienced trauma. Yes, they've done that, you know. They've been through horrific things, and they still have each other. They still have that connection, and so that

Kellie Hayes: from her going from not being able to read them as an adult, to rereading them with this new wind, that was.

I mean that like it made me cry whenever we discharged. And she graduated. Yeah, I mean it may. It's it's

Allison Puryear (she/her): working through trauma and getting to that space of like the resiliency right? It's such a perfect example of that like an external example of that

Kellie Hayes: and it she and at the very end of it, and all of that. It was just. I know I'm familiar with the term post traumatic growth, but it's whenever I would. Whenever we had worked through everything and worked through as much as we could. Rather she

Kellie Hayes: she just surprised the heck out of me with all of the growth that she did experience. Right? She

Kellie Hayes: and I'll again. I'll go to the rooftop screaming about EMDR diminishing, you know, banishing the dementors, having these skills, having these tools. Because, yeah, I'm I'm not someone you you come to see for like just coping skills, just strategies. I hope I'm gonna we're gonna start from the very, very bottom and work our way up. So that's that's how you experience post traumatic growth, in my opinion.

Allison Puryear (she/her): Yeah. have there been Has there been anything that.

Allison Puryear (she/her): had you seen the series differently that a client has said

Allison Puryear (she/her): or a character?

Kellie Hayes: Yeah, I I'm thinking.

Kellie Hayes: you know, I don't know. I think just some of the clients that I've seen who were

Kellie Hayes: Maybe it maybe not indifferently, just in a maybe maybe in a different

Kellie Hayes: different understanding. I had a teenage client who the teenager now. So they read the entire series and read the entire series, not having to wait, which is great, but they just went through it.

Kellie Hayes: but they? They said something about gosh, this hasn't been about

Kellie Hayes: Dumbledore, and then they they said that from the first book they didn't trust him, and I was like oh, interested in them, you know, asked him why? And it completely related to like, okay? Well, they don't trust authority figures, because the authority figures it protected from.

Kellie Hayes: You know, this abuse that they were experiencing at home. They told people, and nobody came for him. Nobody helped him.

Kellie Hayes: So it's like, Oh, interesting.

Kellie Hayes: You were the first person ever who did not trust Dumbledore.

Allison Puryear (she/her): Right.

Kellie Hayes: It just made, gave, gave, gave, gave me baby pause. I was like, oh. I know that what I was a little girl. Reason I was like, yeah, Dumbledore is great. He's gonna rescue him. He's gonna do all these, you know, all you know awesome things.

Kellie Hayes: And then, by the third book, you know, at the 13 year old, to be cynical and all that stuff I was like, he's gonna be a bad guy man. He wasn't a bad guy. He just man. There's a whole side of him that we only got to see way later.

Kellie Hayes: Yeah.

Allison Puryear (she/her): yeah, it's interesting how especially kids with trauma

Allison Puryear (she/her): pick up on things that adults don't.

Kellie Hayes: Yep.

Allison Puryear (she/her): yeah.

Kellie Hayes: And I just I wonder how she how she knew. You know like.

Kellie Hayes: how did how did you? How did you know that from the get go like? And if she didn't, never said like, why, she didn't trust him, or she didn't say like what was giving her these feelings and everything. Aside from these people not rescuing, you know, Harry, and

Kellie Hayes: rescuing all these things like, yeah it. How can? She said. How can adult, knowing how they're how this kid is going to be treated or suspected? They're going to be treated. How do you drop this baby off? Knowing 11 years is gonna go by so slow, and he has no no other knowledge other than green flashes and feeling on edge, like.

Allison Puryear (she/her): and I never thought about it. That way.

Allison Puryear (she/her): yeah.

Allison Puryear (she/her): I think about those moments, when power, kind of erupted from him, like

Allison Puryear (she/her): blowing up his

Allison Puryear (she/her): other aunt into a balloon, or like that kind of thing. And how?

Allison Puryear (she/her): That also is a trauma response, right? Like there are ways in which we end up reacting that we didn't mean to, but like

Allison Puryear (she/her): not totally sorry it happened. Also. It can get us into trouble, and how that kind of, or or relating it to impulsivity for folks with ADHD like there are so many different

Allison Puryear (she/her): ways to use that information also, that, like. You don't blame Harry for it. You're kind of glad, but you also know

Kellie Hayes: oops like there's gonna be a consequence for that that none of us want for him right in the you know. It's I wonder?

Kellie Hayes: You know I read this somewhere, and it made me made me think to your point. You know he's fuller alert. He's obviously the Seventh horcrux right? There's a part of Voldemort living in him. So I wonder if that's why people treated him poorly. If that's and that's what I was reading. It's like.

Kellie Hayes: you know, he's got this part. Who is, I mean? He's part of Voldemort like without him dying. He's Voldemort can't die. So it's I wonder, like

Kellie Hayes: how much of the responses that his aunt, his uncle. you know, Snape and obviously Snape, is different. But I wonder if, like, how much of him like that horse living within him? I wonder how much that impacts.

Kellie Hayes: You know how people treat em, cause they're not fun, right? Because, if we remember from the seventh book, even wearing that necklace impacted, Ron impacted. Hermione didn't really necessarily impact him

Kellie Hayes: because he's felt that way his entire life.

Allison Puryear (she/her): Hmm.

Allison Puryear (she/her): yeah.

Allison Puryear (she/her): Is there any like particular character

Allison Puryear (she/her): that feels like it comes up more in therapy?

Allison Puryear (she/her): Then just the common conversations around Harry Potter like, are there people that stick out to your clients when they're processing?

Kellie Hayes: You know.

Kellie Hayes: I mean just the like the usual. I've had people use McGonagall as a safe figure.

Kellie Hayes: I don't. I don't think so, I mean.

Kellie Hayes: and other other than just like the normal. like Harry, Hermione, Ron, McGonagall. I've had Ginny come up quite a bit

Kellie Hayes: so, and that that surprise, I mean surprising if you, if you've only seen the movies. But if you've read the book like. Yeah, I want Ginny on my team.

Kellie Hayes: So it's Ginny comes up, which is great. But she's she's someone who. I'm surprised that clients continue to bring up

Kellie Hayes: if they've only if they've if they've only read the book. it's still surprising to me, because she's not like a main character.

Kellie Hayes: But when she's in the book. She gives a pretty clear definition of like what a strong, confident young lady and woman looks like absolutely

what I'm I'm wondering, too, about like

Allison Puryear (she/her): relating to somebody who is not a main character, also feels safer in a lot of ways, cause the main characters have

Allison Puryear (she/her): even more responsibility, even though, like Ginny kicks all sorts of ass like, there's an amount of responsibility and pressure that is inherent with being a main character in anything.

Allison Puryear (she/her): And how. That's

Allison Puryear (she/her): maybe not something clients want to take on right now.

Allison Puryear (she/her): like, while they're also working on themselves. You know, they don't want that main character energy. Yes, yeah. Got it right now, just just working on me. Yeah.

Allison Puryear (she/her): Is there anything that has made? That is change the way you view

Allison Puryear (she/her): the books as a whole that your clients have brought to you, or said and just sparked something in your head.

Kellie Hayes: Yeah.

Kellie Hayes: I don't.

Kellie Hayes: I don't think so just because I've got a and that this may not be

Kellie Hayes: this may not be the best way to put this, but I use. I used the series to get through a really really tough time in my early twenties and in a relationship, and all of that.

Kellie Hayes: I was just in a dark place until I have a pretty like characters. My opinions have changed for sure, but the series as a whole, I'm just like, you know, they just.

Kellie Hayes: It brings me such a sense of relief and comfort. And of course it's escapism and all of that.

Kellie Hayes: But it yeah. My opinion of the series haven't changed with characters like I said, sure series as a whole, not really got it.

Allison Puryear (she/her): Yeah, it's in I love. When like we have a comfort book series or show, or something like that that our clients share. it. It's hard for me to not just like get into like oh, with about it, because it's not, you know, it's not therapeutic necessarily but to be able to pull on that

Allison Puryear (she/her): clinically. I think it's such a good way to connect.

Allison Puryear (she/her): especially like when you're both very into it. And you can have conversations with one another that, like the average like person who saw the movies, maybe a few years ago might not be able to have

Kellie Hayes: yeah, it's interesting how it it can be a a point to bolster rapport as well as a way to get pretty deep clinically on some things I agree.

Kellie Hayes: And it you know what you were saying about the you know. seeing the movies versus reading the books. It's I like to. If someone has just seen the movies.

Kellie Hayes: you know they're not. They're not, gonna maybe get certain references. And so that's whenever they do read the book.

Kellie Hayes: yeah, it's it's one of those things that that's a way to again

Kellie Hayes: go back to, not judge a book by its color. Right like your boss, may be reminding you of someone. Is that his or her fault?

Kellie Hayes: And if it's not his or her fault if they're not treating you poorly like.

Kellie Hayes: Is it because you are responding to something that you have that you have experienced from your past? And

Kellie Hayes: if they are yelling, if they are, you know, treating you poorly like

Kellie Hayes: what's going on with them, what's going on in their life, and what have they experienced to make them act that way to treat a subordinate or an employee.

Kellie Hayes: not not well.

Kellie Hayes: not saying that you have to tolerate it by means and

Kellie Hayes: are you able to practice a little grace for yourself and for them.

Allison Puryear (she/her): Absolutely.

Allison Puryear (she/her): I think about. Like other series, I had a client tell me it was. It was I think all of the hunger games books were out. I think the second movie had just come out and they said, like, I just, I feel like. I'm in the hunger games

Allison Puryear (she/her): every day like really significant trauma, right? And just them saying that to me helped me feel and know how, like

Kellie Hayes: all encompassing. It was at a level that I hadn't before. Like I didn't. I didn't realize how bad it was all day, you know, so it was really really helpful for me as a clinician, to hear that, to be able to

Allison Puryear (she/her): allow the gravity in the room basically.

Allison Puryear (she/her): I think about like my daughter's reading all the Percy Jackson books right now.

Allison Puryear (she/her): and which I love because it's like my kids are really into mythology. And so it's like, here's a book series based loosely on some of the things in mythology, plus a modern character. And just seeing how like Percy has ADHD and

Allison Puryear (she/her): dyslexia much like other kids who spoiler, alert are demigods and it, just putting a spin on these diagnoses. My daughter has that like, it's like, yeah, cause you're special. That's why you have it. Just really. I love her having this example.

Allison Puryear (she/her): And she will talk to me about the deeper parts, about the about the book and and the feelings that characters are having. And she'll also be like, Okay, you know that, too. But there's like

Allison Puryear (she/her): an an interesting

Kellie Hayes: way that she seems to be process processing as she's reading these books.

Allison Puryear (she/her): so yeah, they're just.

Allison Puryear (she/her): I think, like bibliotherapy is on the rise which I love.

Allison Puryear (she/her): And I just think there are some real opportunities for

Allison Puryear (she/her): empathy for ourselves and others, through characters

Allison Puryear (she/her): absolutely and

Allison Puryear (she/her): ways to look at trauma that gives them against trauma, the

Allison Puryear (she/her): respect for lack of a better word that it deserves in the role that it's played in our lives when we can do it easily for character. It helps us do it easier for ourselves as well.

Kellie Hayes: absolutely. Yeah. You know, just because this happened like, how does this? How did your behavior. And how did those responses in the past? How did they help you? Right? We're not not going to get into part work or anything but it. It's one of those things that

Kellie Hayes: again it no longer serves you. It helps you survive. It helped like that compartmentalization, that dissociation, like all of those things, man. Oh, man, they helped get you out of an awful situation, much like Harry helped him survive. And then, if we look at it like okay, well.

Kellie Hayes: shutting down, not saying anything back like that's not really helpful for you now, and you know.

Kellie Hayes: always thinking people are mad at you and making yourself small. That's not helpful for you right now anymore in the past 100,000%. How do we change? How you respond to that, that trigger? Now.

Kellie Hayes: thank you so much for talking with us about this. I feel like it's such an interesting way to to think about trauma.

Allison Puryear (she/her): and to help

Allison Puryear (she/her): relate some things to clients that might not relate as easily in other ways, because it's just so clinical. So yeah, I really appreciate it. Kellie.

Kellie Hayes: Yeah, you're welcome. This was. This was awesome thank you for having me absolutely.

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