

TSD: The 5-Minute Clinical Guide

The Core Concept

Traumatic Stress Disorder (TSD) reconceptualizes PTSD, CPTSD, and Cluster B disorders as a single phenomenon: **present-tense survival governance**.

The nervous system doesn't know the threat ended. A **Survival Self** seized executive control, exiling the **Core Self**.

The 3-Step Clinical Approach

1 Recognize Survival Mode

Look for signs: hypervigilance, numbing, anger/fight response, shutdown, relationship patterns where trust = threat.

2 Validate the Protection

"Your nervous system learned this to keep you safe. It's not broken—it's protective. The question is: do you need this protection *right now*?"

3 Ask The Key Question

"Are you in actual danger RIGHT NOW, or is your system reacting to an old threat?"

The Three Assessment Questions

1. "Who feels in charge of your life right now?"

→ Assesses Core Self vs. Survival Self governance

2. "Where do you feel that in your body?"

→ Connects cognitive experience to somatic reality

3. "Does this remind you of anything from your past?"

→ Links present-tense reaction to historical threat

The Four Survival Patterns

Pattern	Core Fear	Traditional Diagnosis
Abandoned Monarchy	Aloneness = Death	Borderline PD
Fortress City-State	Vulnerability = Annihilation	Narcissistic PD
Predatory Fiefdom	Trust = Victimization	Antisocial PD
Theatrical Court	Invisibility = Nonexistence	Histrionic PD

Treatment Protocol: Sovereignty-Focused Therapy

Phase 1: Provisional Government → Establish alliance, co-regulation, psychoeducation

Phase 2: Constitutional Convention → IFS, Somatic Experiencing, parts work

Phase 3: Sovereignty Restoration → Core Self leadership, Survival Self as advisor

First-Line Modalities

- Somatic Experiencing® / Sensorimotor Psychotherapy
- Internal Family Systems (IFS) Therapy
- Neurofeedback
- Pharmacotherapy (supportive, not curative)

Download full white paper: aha-platform.org/white-paper

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