Welcome to The Biology of Trauma™ 3.0 Summit Transcript

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Welcome to the Trauma Summit

Hi Doctor Aimie Apigian here. And thank you again for choosing the premium access of the Biology of Trauma Summit 3.0. It's been a labor of love for me to put this together for you, and I'm so excited to be able to finally air this and have you benefit from it.

And you have made an important decision on your trauma healing journey. And I'm excited to share this with you. Why did I even go into this field? It all started when I actually began to foster parents.

Miguel. He came to me as a four year old foster child from the California foster care system, and then I adopted him just shortly after he turned five years old.

Personal Trauma Journey and Why This Work Matters

And it was an experience that taught me how much I did not know about trauma. And then I had my health crash in the summer of 2014, just finishing up my third year of general surgery residency and for lack of a better description, like my body just shut down, I gave up and I learned that I had studied trauma as well.

And through this process, I'm asking questions of, is this even possible to rewire as an adult? And what are those pieces that are essential for a trauma healing journey and to see results now like to start to see results now, not to be in therapy for the rest of my life and still continue to have these challenges and these experiences taught me what trauma actually is and what the body needs to heal.

And it's this integration of somatic work that includes a felt sense of safety. It includes this narrative and the stories that we tell ourselves or what I call parts work.

And then we have this biology piece and these three pieces integrated is how we regain our control and direction over our life, over our health. And as a result of this process, for myself and for Miguel and for now, many, many thousands of people, I learned things that I never learned in medical school and taught me how to rebuild and help rebuild my life and help others rebuild their life.

What Trauma Healing Requires

So this is why I'm so excited to share with you this summit, and to support you on your journey to healing. It has been my commitment now to safely guide people through their clear path forward, and that's what I have done with this summit.

It's been my intention to design it in that way, and so I'm excited that you can enjoy and benefit this from this, from the comfort of your home. And I would want you to do it at your own pace.

I want you to feel free to come back as many times as you want to. These incredible presentations from experts around the world whenever you need them.

So, speaking of which, this is a great time to remind you of two things one, you have access to all 40 plus almost 50 interviews from the summit forever.

Second, you can also download and read all of the transcripts and audio files. I personally love to digest material in many formats, and so I am an audio learner, so I love to listen to audio files.

How to Use the Summit Resources

And I will also for those interviews that I'm getting so much value out of, I will actually watch the video and read the transcript at the same time so that I can be taking notes and really get my take away action steps and what I can do coming out of that interview.

Also, don't forget to download your bonuses from our speakers. They are a lot of value. They contain exceptional value for your healing journey. You can access all of these items at any time in the menu above.

If you have bought any other products during the checkout process, you will be getting an email from Doctor Talks. In fact, the email is probably already in your inbox, maybe in your spam, so check there if you don't see it in your inbox.

Doctor talks is the summit production team who is helping me bring this summit to you there on the technical side of things, now, if you can't locate their email or if you have other technical questions, please email them.

Please email DrTalks at support@drtalks.com and that's doctor Dr.. So support at Dr.. Doctor Dr.. Talks.com. They are they are a diligent support team and they are here to support you.

And so with this again take your time with this summit. Enjoy enjoy everything that I have put together for you for this summit.

Support, Access, and Final Encouragement

And know that I am cheering you on for your healing journey. We each have our own journey and yet we never heal alone. And so I am so excited that you are here for this summit and glad to be your fan and cheering you on and and kind of holding that potential for you for what is possible when we show up and do the work.

And I'm so glad that you are here showing up for this and doing this piece of the work. Thank you.