

RESOURCE PACK

Brava Guava



**Open Source Intelligence and
Counterinsurgency for the Jobbing Hater**
by Gawa Leung



Brighton Fringe 2025 Edition

About This Document

The creation of this document was inspired by the practice of several companies, especially Clean Break Theatre, Bush Theatre, Nouveau Riche and Royal Court Theatre.

This resource pack is created to supporting individuals working on and/or watching the production of *Open Source Intelligence and Counterinsurgency for the Jobbing Hater* 7-10 May 2025 at Rotunda Theatre during Brighton Fringe.

It offers information and lists organisations that can provide support. It is not meant to take the place of advice or help from a licensed therapist or medical professional.

Please note that some of the resources on the list are not produced by medical professionals. This pack features information and resources compiled by online communities. User discretion is advised.





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What is C-PTSD?

Complex post-traumatic stress disorder (complex PTSD, sometimes abbreviated to c-PTSD or CPTSD) is a condition where you experience some symptoms of PTSD along with some additional symptoms, such as:

- difficulty controlling your emotions
- feeling very angry or distrustful towards the world
- constant feelings of emptiness or hopelessness
- feeling as if you are permanently damaged or worthless
- feeling as if you are completely different to other people
- feeling like nobody can understand what happened to you
- avoiding friendships and relationships, or finding them very difficult
- often experiencing dissociative symptoms such as depersonalisation or derealisation
- physical symptoms, such as headaches, dizziness, chest pains and stomach aches
- regular suicidal feelings.

If you have complex PTSD you may be particularly likely to experience what some people call an 'emotional flashback', in which you have intense feelings that you originally felt during the trauma, such as fear, shame, sadness or despair. You might react to events in the present as if they are causing these feelings, without realising that you are having a flashback.

Books about C-PTSD and Complex Trauma

Here are some books about C-PTSD and complex trauma that people have found useful.

The Pain We Carry: Healing from Complex PTSD for People of Color by Natalie Gutierrez

What My Bones Know: A Memoir of Healing from Complex Trauma by Stephanie Foo

Complex PTSD: From Surviving to Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA by Pete Walker

Trauma and Recovery by Judith Herman

Waking the Tiger: Healing Trauma and *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body* by Peter A. Levine

Hungry Ghosts (U.S. Title: *In the Realm of Hungry Ghosts: Close Encounters with Addiction*) by Gabor Maté

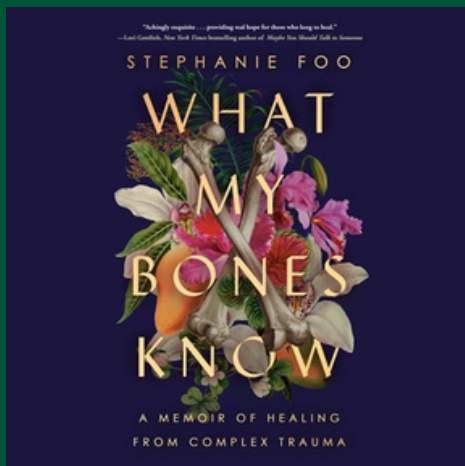
Adult Children of Emotionally Immature Parents by Lindsay Gibson

Please do note that some of these books can be difficult to process or triggering. Please proceed with caution and take your time while reading.



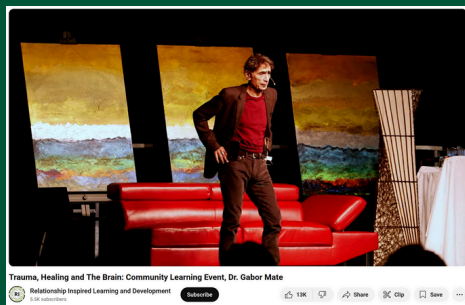
Audio/visual Resources

Here are some audiovisual resources that people have found useful. Click on image for link.



What My Bones Know (audiobook) by Stephanie Foo preview

Full audiobook includes recordings of Foo's therapy sessions with Dr Ham. Please do note that Part 1 of the book might be quite triggering. Please take your time to check the content warnings.



Trauma, Healing and The Brain: Community Learning Event, Dr. Gabor Mate



Anger and Complex Trauma Series Youtube Playlist

Please do note that Tim Fletcher is not a doctor or licensed therapist. The videos are for informational purposes only.

Other Online Resources

Here are some other online resources that people have found useful.

"What is C-PTSD?" | Beauty After Bruises

Pete Walker's 13 Steps for Managing Emotional Flashbacks

Containment Exercise (Scroll Down to "Developing A Container" and Download the PDF) Please do not attempt EMDR without professional guidance from a licensed EMDR practitioner.

UK Crisis Support Resources compiled by r/CPTSD subreddit including emergency housing, crisis helplines in England, Wales and Scotland.

Healing from Complex Trauma and PTSD/CPTSD | website by Lilly Hope Lucario

Managing Anger and Abusive Behaviours | Factsheets from Respect Phonenumber

PTSD Useful Contact | Mind

Helplines and Support



Freephone 0808 8024040
Monday-Friday 10am-5pm

Respect Phoneline is a confidential helpline, email and webchat service for domestic abuse perpetrators who want to change.



Help is available.

If you're going through a tough time, call Samaritans 24/7, on 116 123.



If you prefer to text, **Shout** is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.

To start a conversation, text the word 'Shout' to 85258.

Concepts You Can Look Up

There are many therapy modalities available and some therapists may work with a combination of different approaches. Some forms of therapy might be more useful to certain individuals than others. We all react to different methods differently.

This section is not intended to be a recommendation of treatment modalities, neither is it an exhaustive list. It exists only to provide a list of concepts that you may want to conduct further research on. Just because one form of therapy does not work, does not mean effective help isn't out there.

- **IFS - Internal Family Systems**
- **EMDR - Eye Movement Desensitization and Reprocessing**
- **Somatic Experiencing**
- **Sensorimotor Somatic Experiencing**
- **Brainspotting**
- **Neurofeedback**
- **Polyvagal Theory**
- **Trauma Release Exercises**
- **Gestalt Therapy**
- **DBT - Dialectical Behaviour Therapy**
- **CBT - (Trauma-Focused) Cognitive Behavioural Therapy**
- **Art Therapy**
- **Drama Therapy**
- **ACT - Acceptance and Commitment Therapy**
- **Psychodynamic Therapy**
- **MET - Motivational Enhancement Therapy**