Who We Serve

For survivors and those who support them:

- **Adult survivors of severe childhood trauma**
- **Therapists, counselors, and mental health professionals**
- **Pastors, lay helpers, caregivers, and support persons**
- **Professionals seeking clearer language for severe trauma and dissociation**

What Participants Gain

- **Practical language for emotions, dissociation, protection, internal conflict, and relationships**
- **Greater ability to ask what is being protected and what the heart may be communicating**
- **A framework that reduces shame and helps people respond with clarity, compassion, steadiness, and care**

Education That Begins With Being Human

Understanding severe trauma begins with understanding the human person. We help participants make sense of complex survival responses with language, context, and dignity. Our education addresses severe trauma, dissociation, trauma based mind control, and complex internal systems by looking beneath behavior and symptoms to ask what is functioning, what is protecting, and what the heart may be communicating.

Learn More

fernandaudrey.org

shop.fernandaudrey.org

Courses • Insights Webinars • Replays • Professional Education

Educational Purpose

Our programs are educational and do not replace therapy, diagnosis, treatment, crisis intervention, medical care, or individualized mental health services.

Fern & Audrey, LLC
ADVANCED TRAUMA
EDUCATION CENTER
EDUCATION • UNDERSTANDING • TRANSFORMATION

ADVANCED TRAUMA EDUCATION CENTER

by Fern & Audrey

Advanced education for understanding severe trauma, dissociation, and complex internal systems

Language • Dignity • Rehumanization

Where Fern & Audrey Fits

Built from decades of experience alongside survivors of severe trauma, Fern & Audrey's Advanced Trauma Education Center provides education for experiences that are often difficult to name or organize. We are not another therapy modality and do not replace licensed mental health treatment.

Our work helps professionals, ministry leaders, helpers, support persons, and survivors understand the human and developmental logic beneath symptoms, body responses, parts, memories, and protections. We begin with the whole human person and ask what is functioning, what is protecting, what emotion is being carried, and what developmental skill may have been interrupted by trauma.

Our Perspective

- **Dissociation and protective responses can be meaningful attempts to survive overwhelming experience.**
- **Symptoms and reactions may carry communication, the language of the heart, rather than simply representing pathology or behavior to correct.**
- **Understanding protection, emotion, and development can reduce shame, restore agency, and support rehumanization while complementing appropriate clinical care.**

A Distinct Educational Framework

Fern & Audrey provides a structured educational map for understanding complex internal experience and hearing the language of the heart. It gives professionals and helpers shared language for protection, emotion, thought, attachment, agency, and internal conflict.

The emphasis is on understanding what is happening before, during, and around deeper trauma work rather than rushing toward memory work or unsupported interpretation. This education can complement clinical treatment while remaining outside the role of therapy, diagnosis, deliverance or memory resolution work.

Signature Concepts

- **The Dynamic of Being Human: Function • Protection • Emotion**
- **The child's perspective and interrupted development**
- **"Not Know," Paper Balls, ciphers, and internal communication**
- **Thought Cards and Differentiating Thoughts**
- **Attachment pain, shame, powerlessness, and restored agency**
- **Faith informed discernment and rehumanization: living from ME**

Our Educational Pathway

Course 1: The Treasure of ME Being Human

The foundational first step: understanding the human person, including emotions, relationships, body responses, beliefs, needs, protective patterns, and trauma responses.

Course 2: The Trauma That Hid ME

Understanding how childhood experience and trauma can hide the heart through protective defenses, attachment and relational pain, developmental disruption, and complex survival patterns.

Course 3: Defended in Dissociation

Advanced education in severe dissociation and complex internal systems, with emphasis on learning the language of the heart through internal communication, internal conflict, ciphers, and thought differentiation.

The Mind Control Matrix

A standalone, three module course examining the origins, operations, and outcomes of trauma based mind control, survivor impact, and dissociative part formation without sensationalism. fernandaudrey.org/mcm

Insights Webinars & Professional Education

Monthly live Insights Webinars, webinar replays, and advanced education for professionals and helpers through the Advanced Trauma Education Center.