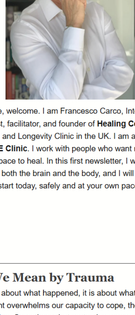
FRANCESCO CARCÓ

Hello from Francesco



If you are new here, welcome. I am Francesco Carco, Integrative Trauma Recovery Therapist, facilitator, and founder of **Healing Central** and the **EPANA** Functional and Longevity Clinic in the UK. I am also an active member of **AWARE Clinic**. I work with people who want real change, real tools, and a safe space to heal. In this first newsletter, I will explain how trauma is stored in both the brain and the body, and I will share simple practices you can start today, safely and at your own pace.

About Me

What Do We Mean by Trauma

Trauma is not only about what happened, it is about what happened inside you. When an event overwhelms our capacity to cope, the nervous system moves into protection. Sometimes that protective response does not fully complete. The result can be persistent tension, emotional reactivity, intrusive memories, or a sense of disconnect from yourself and others.

Common signs that unprocessed stress or trauma may be active include, trouble sleeping, hypervigilance, emotional numbness, irritability, difficulty concentrating, digestive issues, headaches, persistent pain, social withdrawal, or a sense of being stuck in repeating patterns.

This is not a diagnosis, it is an invitation to notice with kindness.

How Trauma is Stored in the Brain

- ***Amygdala, threat detector.*** Learns what is dangerous and can become over responsive after overwhelming events, creating strong alarms to keep you safe.
- ***Hippocampus, memory and time.*** Helps place memories in time and context. Under severe stress, memories can become fragmented or timeless, which is why triggers feel like the past is happening now.
- ***Prefrontal cortex, the wise organiser.*** Supports planning, focus, language, and self regulation. It can go offline under high stress, making it harder to think clearly or make balanced choices.
- ***The nervous system, the bridge between brain and body.*** The autonomic nervous system shifts between mobilisation, freeze, and social safety. These states shape how you feel and how your body functions throughout the day.

How Trauma is Stored in the Body

- ***Muscle and fascia bracing.*** The body keeps unfinished protective movements as tension, guarding, and posture patterns.
- ***Breath patterns.*** Shallow, held, or irregular breathing keeps the body in a state of readiness.
- ***Visceral responses.*** The gut, heart, and immune system respond to perceived threat. This can show up as digestive changes, palpitations, or inflammation.
- ***Interoception.*** Your ability to sense your internal world can become either dull or overly sensitive. Restoring balanced body awareness is a key part of healing.

Practical Ways to Start Releasing Safely

These are gentle, body based skills. Aim for consistency, a little every day, not intensity. If anything feels too much, pause, look around, and return to a sense of safety.

- ***Orienting to safety:*** Turn your head slowly and look around the space. Let your eyes land on colours, shapes, and friendly objects. Remind your body, I am here, and I am safe enough right now.
- ***Paced breathing:*** Inhale through the nose for four seconds, hold the breath for four, and exhale softly for six or longer. Keep the breath comfortable. Two to five minutes is enough to reset.
- ***Grounding contact:*** Place a hand on your chest and one on your abdomen. Feel warmth and weight. Breathe and notice the gentle movement under your hands.
- ***Pendulation:*** Notice a small area of tension, then shift attention to a neutral or pleasant area, perhaps feet or hands. Move your attention back and forth, slowly, until the system softens.
- ***Gentle shaking and unwinding:*** Standing or sitting, allow small tremors in the legs and arms. Keep the jaw loose. Stop if you feel dizzy. This helps complete defensive energy in a controlled way.
- ***Self Havening, bilateral soothing:*** Stroke the upper arms from shoulders to elbows, or the hands from fingertips to wrist, with slow, even pressure for two or three minutes. Add a calming word, safe, here, now.
- ***Coherent humming or VOO sound:*** Hum or voice a steady, low tone for one or two minutes. The vibration can settle the vagus nerve and reduce the alarm response.
- ***Boundaries in action:*** Choose one small boundary to honour today, time, space, or a simple no. Safety grows when your body learns you will protect it.
- ***Rest, nourishment, sunlight:*** Regular sleep, whole foods, hydration, and morning light are powerful regulators. Healing is biological, not only psychological.

Safety First

These practices are educational, not a substitute for clinical care. If you experience severe dissociation, suicidal thoughts, or overwhelming flashbacks, please seek professional support. In the UK, you can call NHS 111 for advice, contact your GP, or in an emergency call 999. Samaritans are available 24 hours on 116 123.

How I can Help

My approach integrates neuroscience, somatic therapy, and compassionate coaching. I draw from Havening, EMDR informed techniques, EFT tapping, Hypno CBT, breathwork, and gentle energy work. We go at your pace, and we focus on lasting change, not quick fixes.

Work with me - One to one session, in person visits in Maidenhead, and online worldwide. Small group breathwork programs and psychedelics events (In the Netherlands). Bespoke corporate wellbeing, leadership, and resilience training.

Email Us

Quick Q and A

1. Is it normal to feel worse before feeling better, Sometimes yes. As the system unwinds, old sensations may appear for a short while. Go slowly and keep resourcing with the safety practices above.

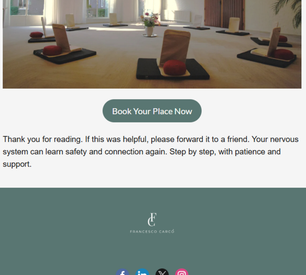
2. How long does healing take, It depends on history, support, and pace. We look for steady improvements in sleep, mood, energy, and relationships, not perfection.

3. Can breathwork and extended states help, When safely prepared and integrated, non ordinary states can unlock insight and release. Screening and support are essential.

Coming Up Next

In future newsletters, I'll dive deeper into psychedelic-assisted therapy a powerful approach blending guided sessions, expanded states of consciousness, and structured integration for profound healing. Backed by research showing promise for depression, PTSD, and addiction, it demands rigorous safety, preparation, and expert facilitation. My practice draws from Grof Legacy Training and trauma-informed care to guide you responsibly.

Ready for your own breakthrough? Secure your spot at our upcoming 4-day psilocybin retreat (8–11 Jan 2025, Samaya, Netherlands) with Early Bird pricing (£3,000 private room) until 10 Nov. Existing clients save more (£2,400).



Book Your Place Now

Thank you for reading. If this was helpful, please forward it to a friend. Your nervous system can learn safety and connection again. Step by step, with patience and support.