

Untangling Trauma from 0 - 7

Cultivating Resilience Through Understanding the Mind's Architecture

By: Stela Murrizi

As a policy analyst and public educator with Master of Arts in Criminology & Victimology, Stela specializes in mental health, addiction recovery, trauma-informed interventions, and social justice advocacy. Certified CODE Model Coach™, Founder of Sparking the Sacred, and Leader of the WEL-Systems® Institute.

What I want you to take away from this presentation ...

1

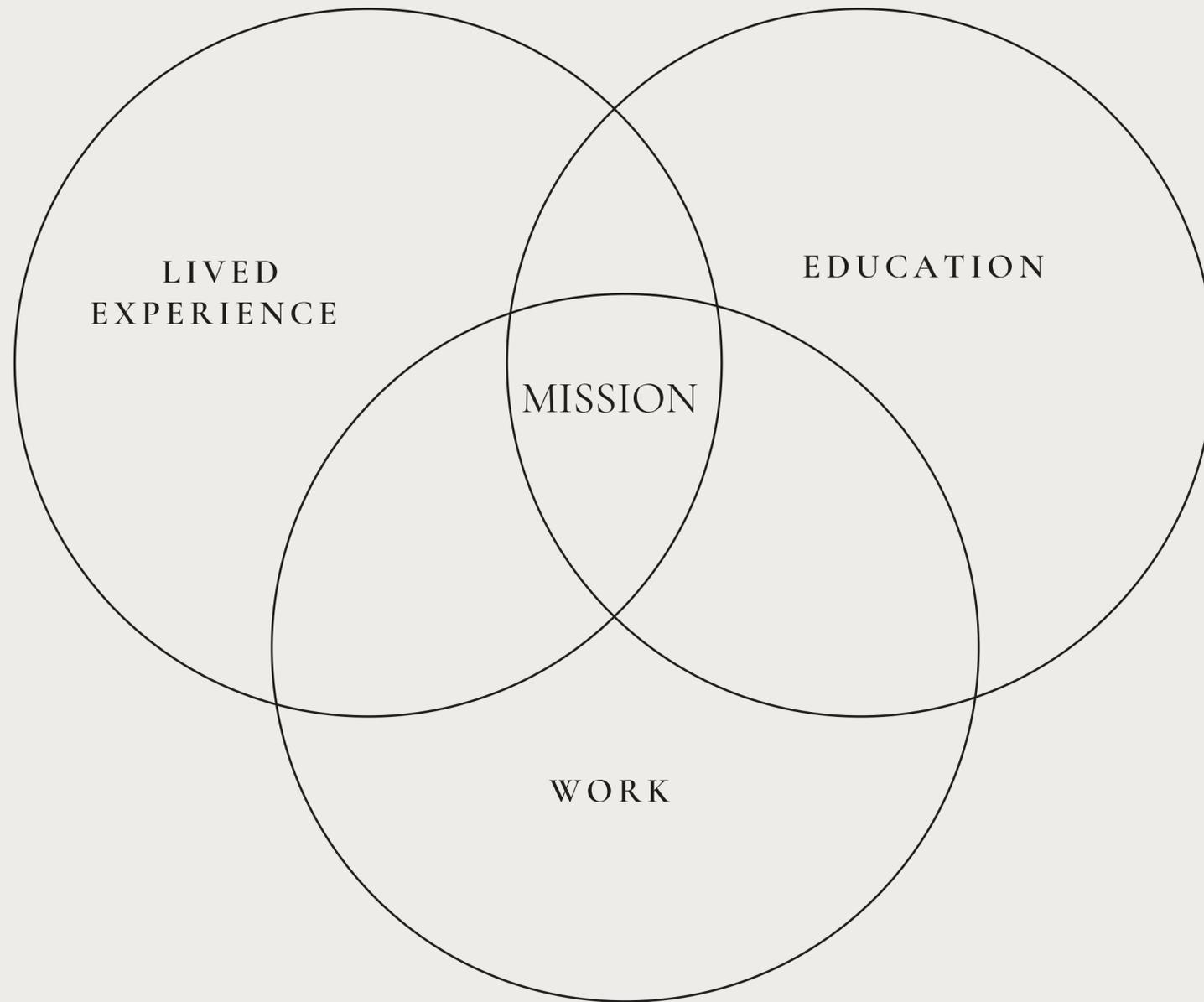
The science of trauma and how patterns are created & reinforced.

2

Understand & develop capacity to recognize the 7 thought patterns and how trauma transmission occurs.

3

The personal is the systemic - the power of contagion.



why listen to me?

UNIQUE
COMBINATION

A BIT ABOUT MY JOURNEY TO YOU ...

01

*Communist
Albania*

political persecution

03

*My journey of
addiction*

“good girl gone bad” =
a cliché for a reason!

05

*Educate people to
an alternative*

Holistic healing because we are
whole beings



02

*Domestic
Violence*

in the home & my relationship

04

Found healing ...

purpose & meaning

A close-up photograph of a person's eye, looking through a white, textured fabric that is partially covering the face. The eye is dark and appears to be looking directly at the viewer. The skin around the eye is a warm, brownish tone. The background is a soft, out-of-focus white.

"A hurt is at the centre of all
addictive behaviours."

- Gabor Mate

THINK BIG PICTURE!

*On a mission to show you:
Your mind has a predictable structure...
which is your point of power!*

Cognitive processes operate through a system of mental representations with syntactic rules, akin to natural languages.

“Give me a child until he’s seven,
and I’ll show you the man”

- Jesuits





The Role of Early Intervention
Modeling is our greatest teacher!

HUMAN BRAIN WAVES BY AGE

0-2



Delta

Detached Awareness,
Connection to Super
Conscious Mind
Deep Sleep, Healing State

2-7



Theta

Bridge between Conscious
and Subconscious,
Deep Hypnosis or Meditative
State, Highly Programmable
State



7-12



Alpha

Imagination,
Creativity or Flow State,
Highly Intuitive State

12 - Adult



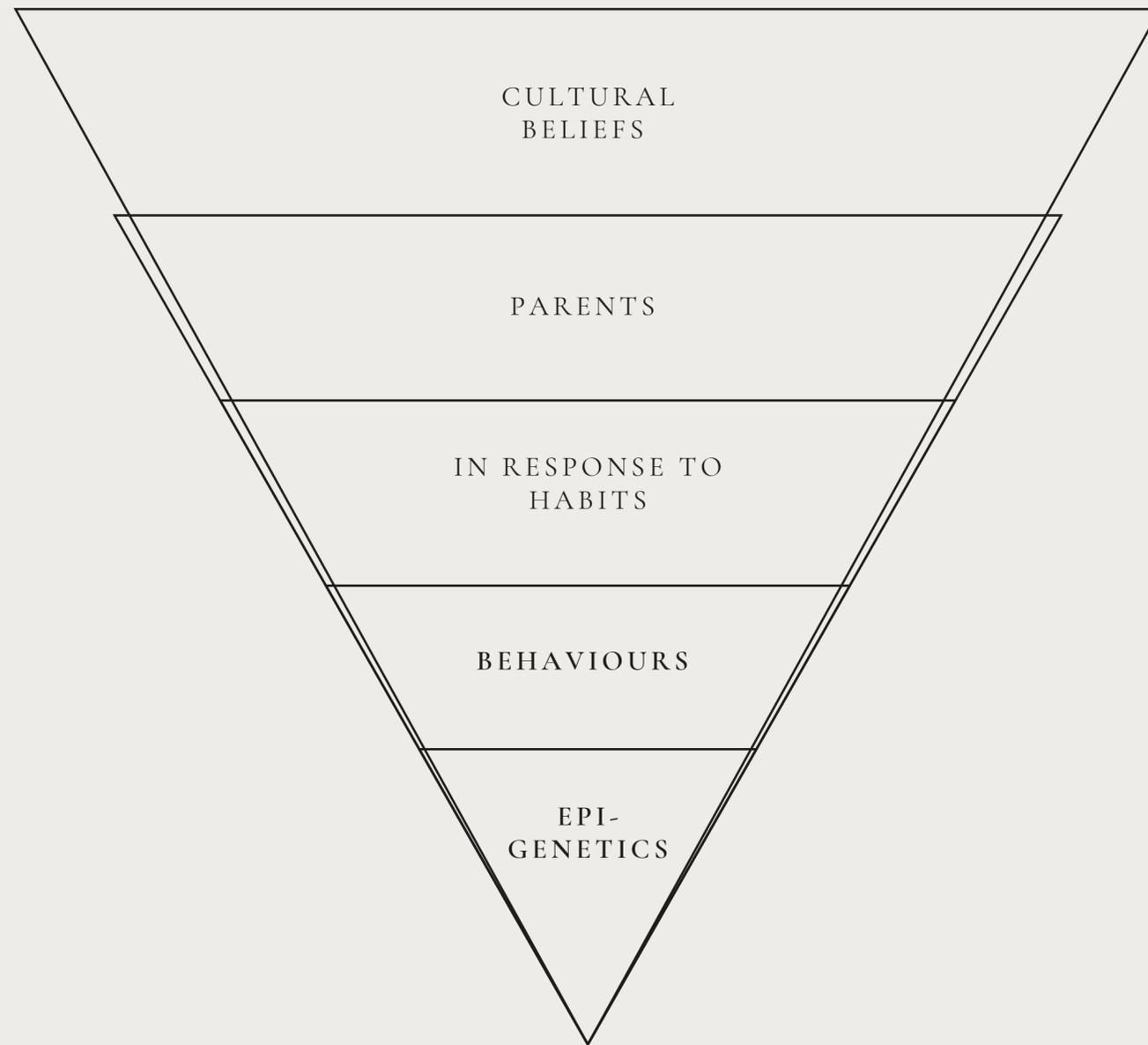
Beta

Intellectual Activity,
Life run on subconscious
programs,
Normal Waking State

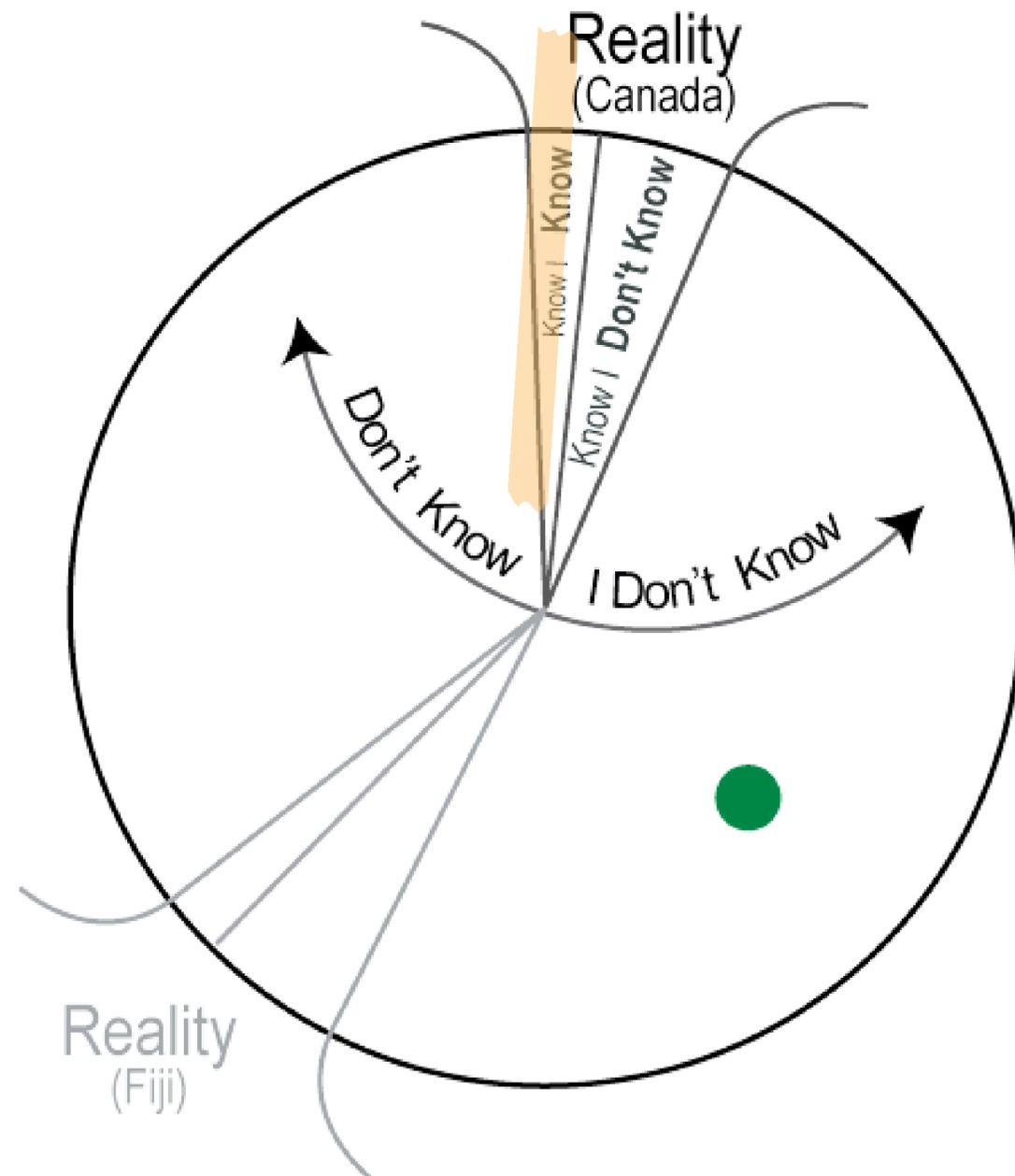
the Science of Trauma

PATTERNS REINFORCED

- “Speech Patterns Across Different Phases of Psychosis” (Acta Psychiatr Scand, 2025) emphasized the connection between language use and cognitive states.
- “Extracting Cognitive Schemas from Thought Records Using NLP” (2021) - showed a 30% reduction in negative sentiment words; catastrophizing or overgeneralizing
- It’s how we’re building large language models!



Structure of Reality



DO NOT COPY OR REPRODUCE

Social Construct of "Reality"

THE LESSONS I'VE LEARNED

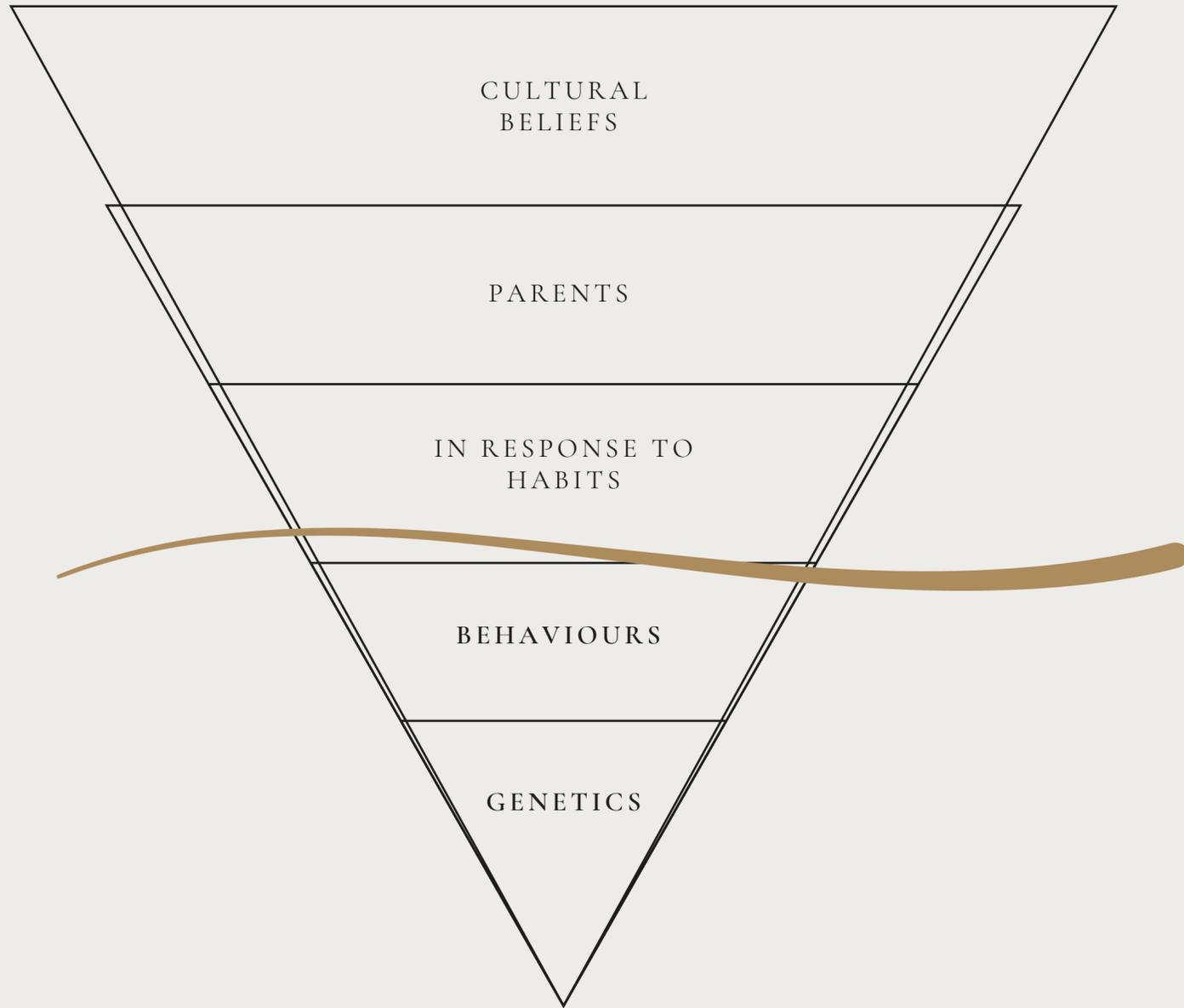
- ✓ My master's thesis revealed who gets "voice" in the media?
- ✓ How we reinforce reality through repetition.
- ✓ Compression into 'known'

CREATIVITY INNOVATION EMPOWERMENT CHANGE



© 2012 WEL-Systems[®] Institute

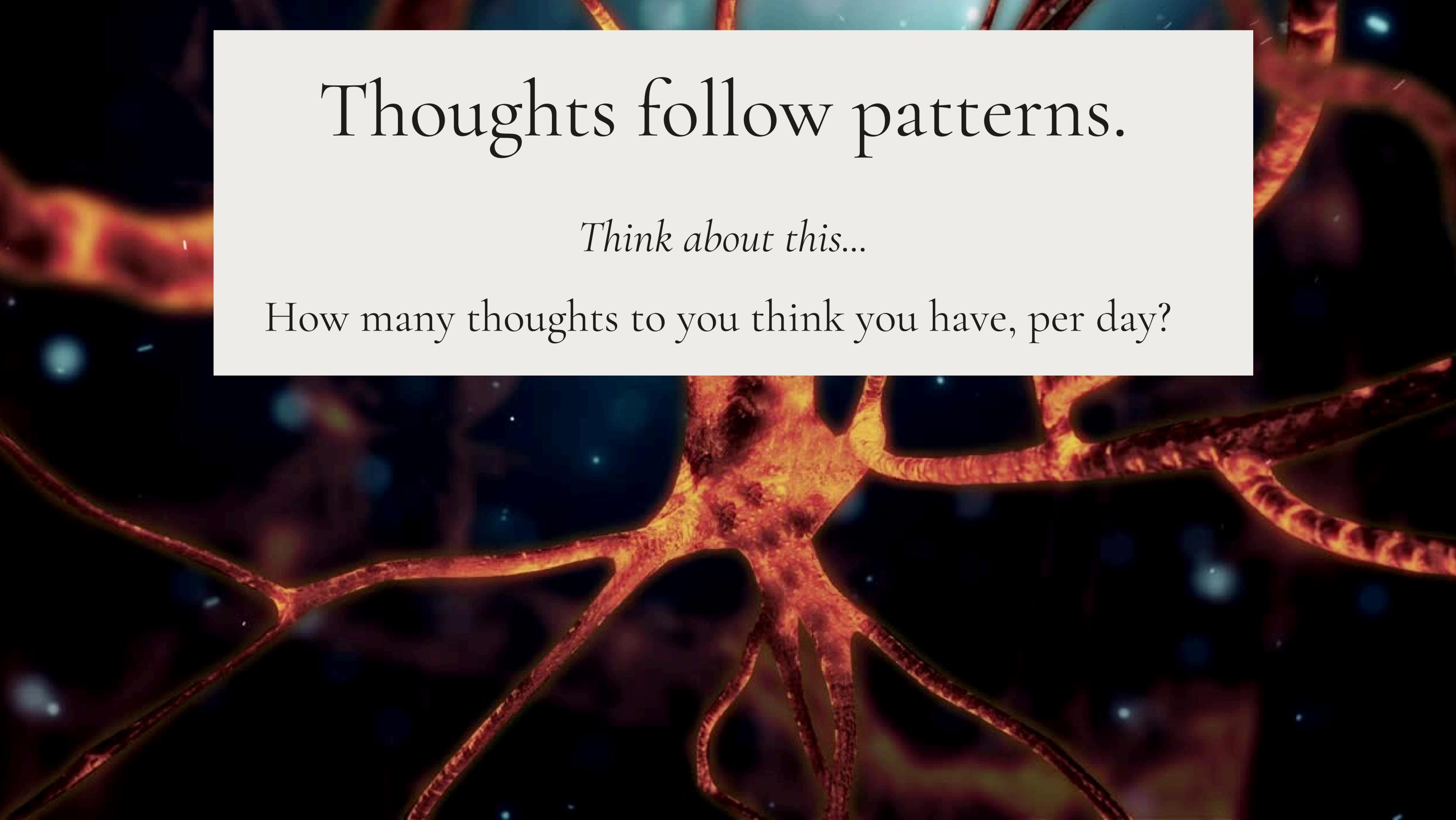
WEL-Systems[®] is a registered trademark of Louise LeBrun



unseen



seen



Thoughts follow patterns.

Think about this...

How many thoughts do you think you have, per day?



65,000 - 70,000

How many are *new* thoughts?



Distinct patterns of thought mediate the link between brain functional connectomes and well-being.

~ Netw Neurosci (2020)

Task contexts reliably evoke different thought patterns.

~ Conscious Cognition (2021)

Let's dive in to explore HOW
your mind works.



The most powerful tool to understand **HOW** our mind works!

Predictable Structure of Thought

Spirituality

Who else?

Identity

Who?

Choice

Which?

Beliefs / Values / Attitudes

Why?

Capability (Strategy)

How?

Behavior

What?

Environment

Where, When?

DO NOT COPY OR REPRODUCE



© 2012 WEL-Systems® Institute

WEL-Systems® is a registered trademark of Louise LeBrun

What you see is what you get!

Environment

Where, When?

“Monkey see, monkey do”

Behavior

What?

Environment

Where, When?

JCE

How we model is FOR or AGAINST

Capability (Strategy)

How?

Behavior

What?

Environment

Where, When?

PRODUCE

Cultural conditioning of who we are taught we should be & source of internal conflict.



Point of power.

Bifurcation point.

Choice

Which?

Beliefs / Values / Attitudes

Why?

Capability (Strategy)

How?

Behavior

What?

Environment

Where, When?

COPY OR REPRODUCE

Who AM I?

Who I think I should be...

Identity

Who?

Choice

Which?

Beliefs / Values / Attitudes

Why?

Capability (Strategy)

How?

Behavior

What?

Environment

Where, When?

DO NOT COPY OR REPRODUCE

Intentionality ...

Predictable Structure of Thought

Spirituality

Who else?

Identity

Who?

Choice

Which?

Beliefs / Values / Attitudes

Why?

Capability (Strategy)

How?

Behavior

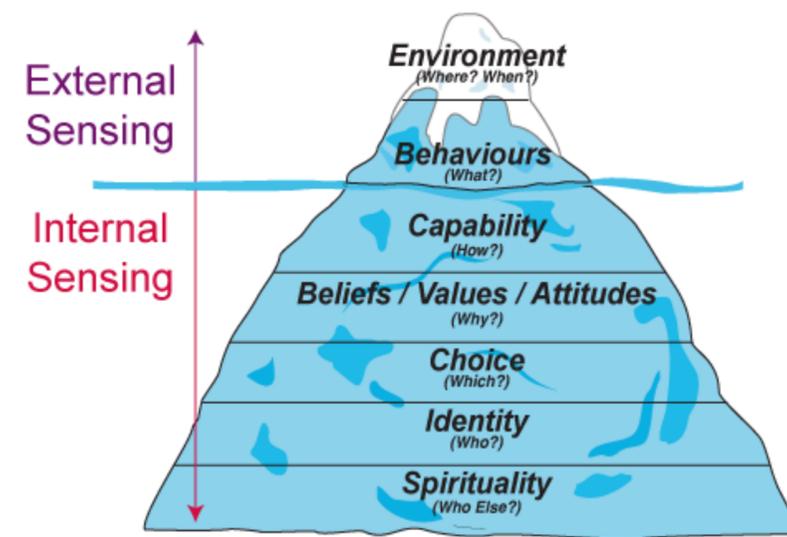
What?

Environment

Where, When?

DO NOT COPY OR REPRODUCE

Iceberg of the Self™



DO NOT COPY OR REPRODUCE



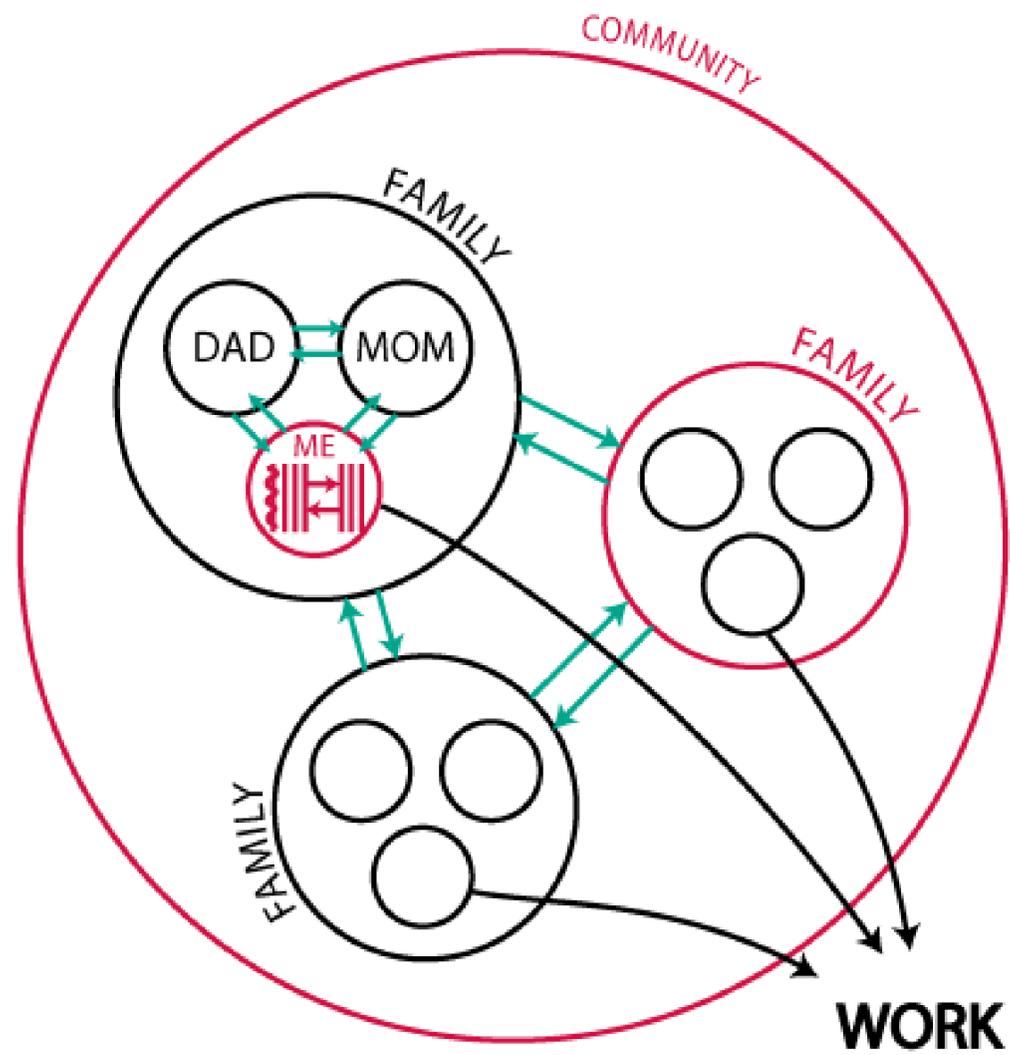
© 2012 WEL-Systems® Institute
WEL-Systems® is a registered trademark of Louise LeBrun

What drives the bus is what lives
**UNDERNEATH THE
ICEBERG**

That's why "do as I say and not as I do" does not work!

That's why "the apple doesn't fall far from the tree..."

Nested Living Systems™



DO NOT COPY OR REPRODUCE

FRACTALS, REPEAT!
Patterns, repeat!

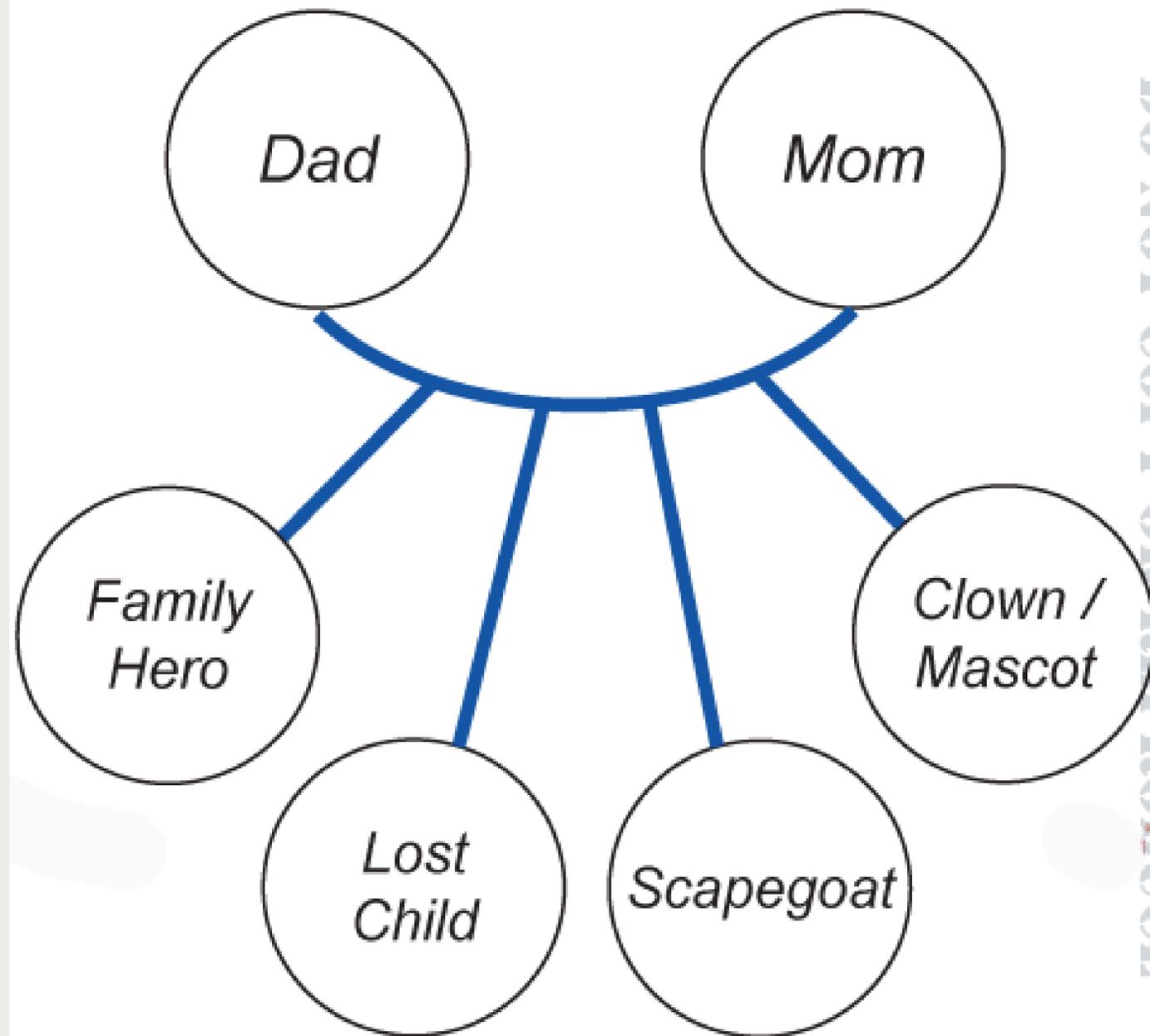
NOTIONS OF: SUCCESS
POWER
LEADERSHIP
EFFECTIVENESS
RESPECT



© 2012 WEL-Systems® Institute

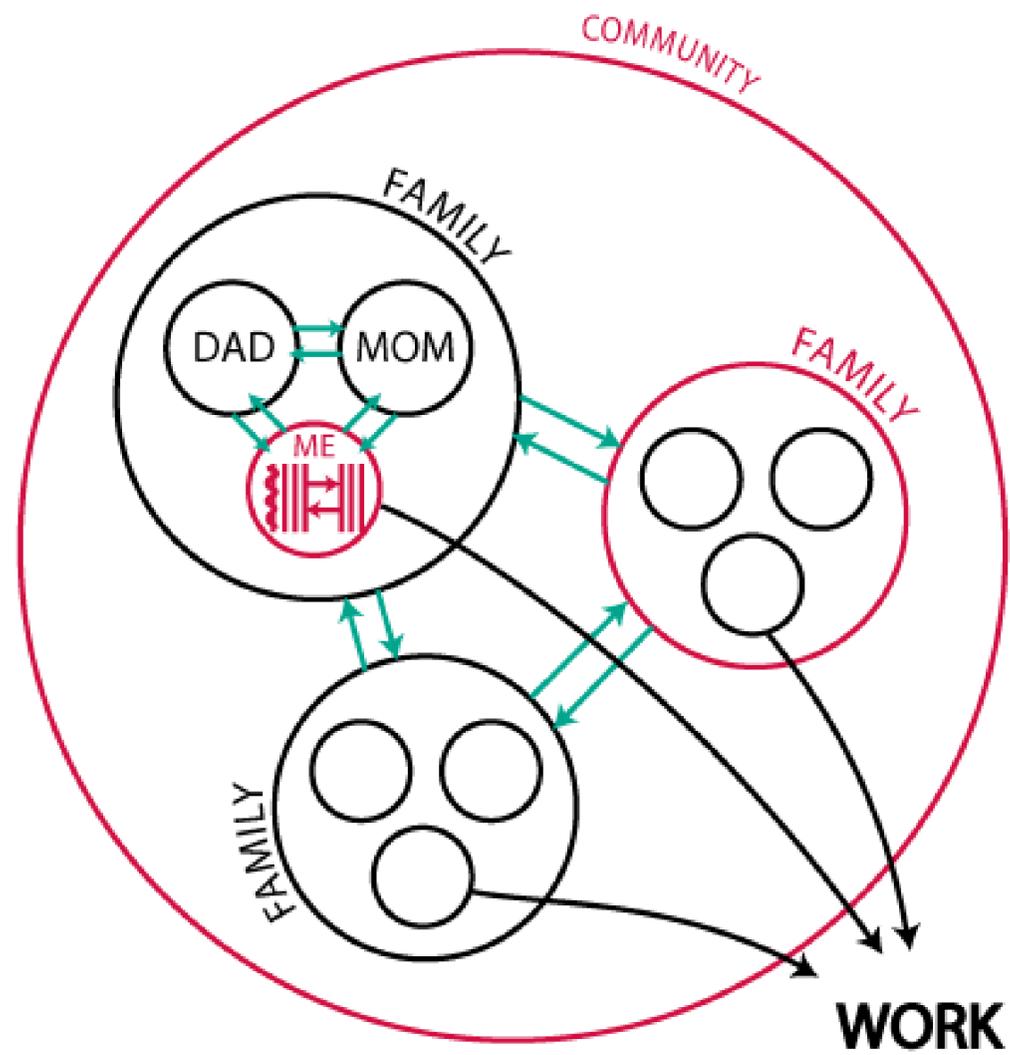
WEL-Systems® is a registered trademark of Louise LeBrun

Family Systems



LET'S PLAY A GAME!
Which strategy did you pick up on growing up?!

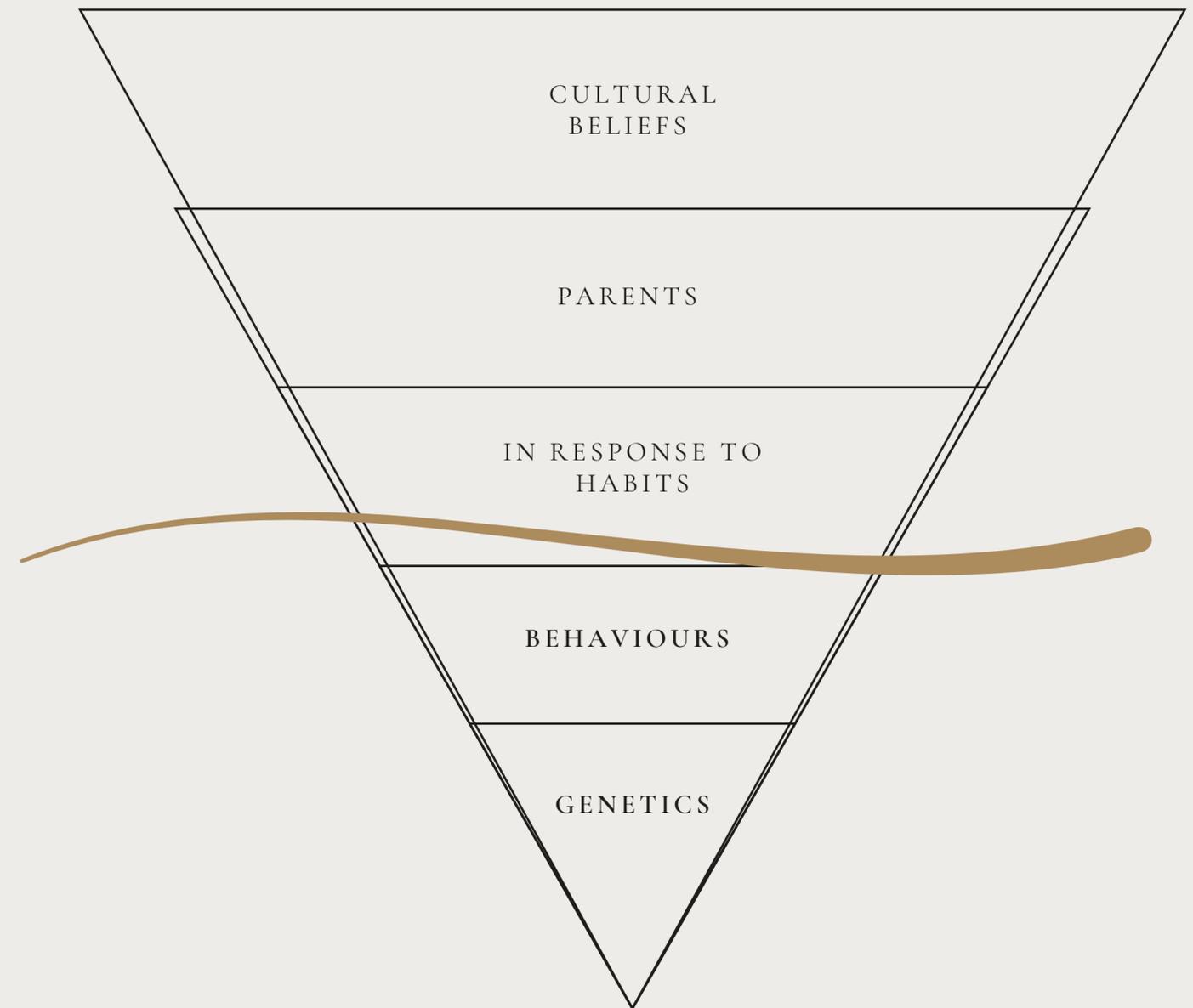
Nested Living Systems™



DO NOT COPY OR REPRODUCE

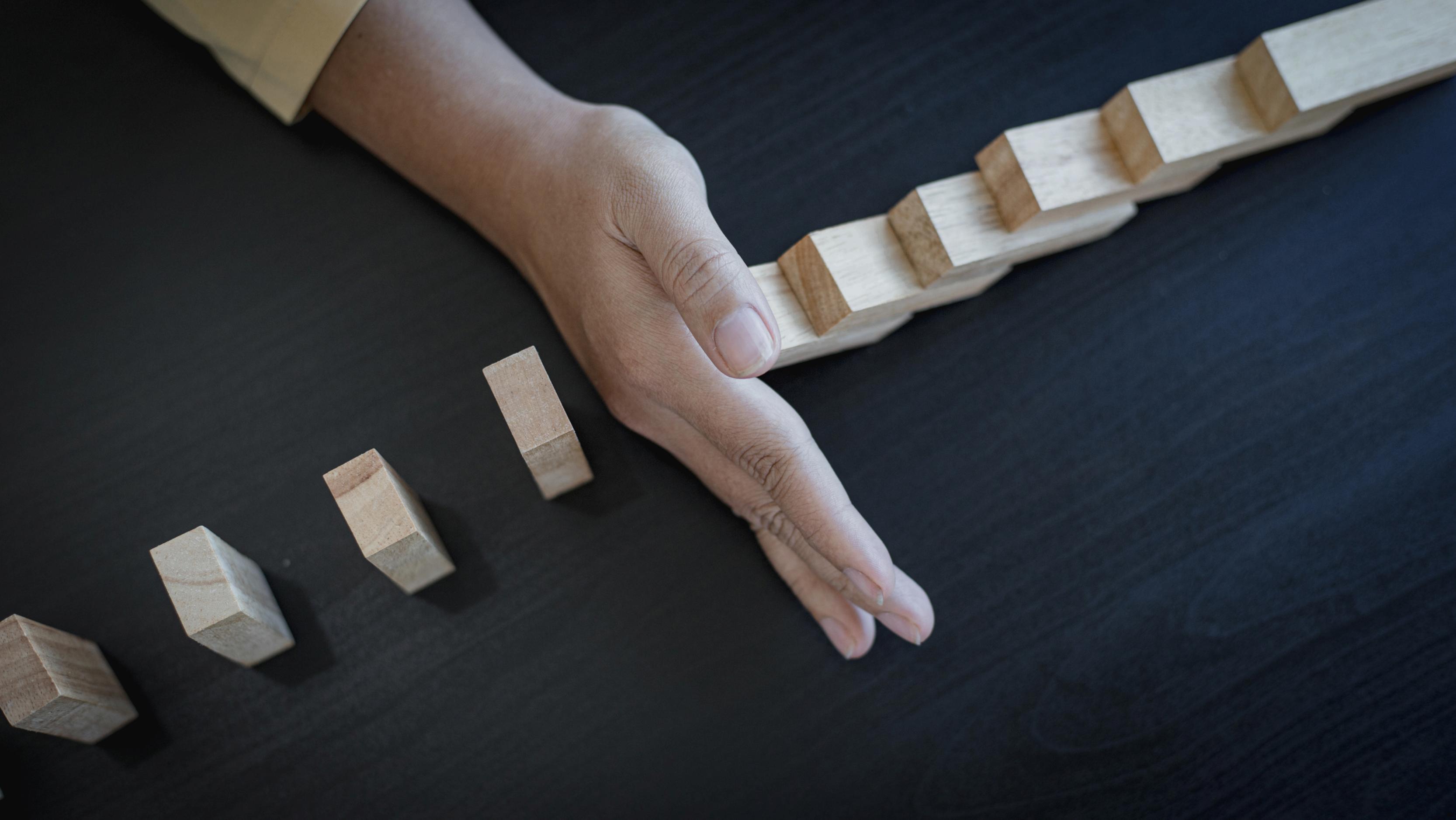
NOTIONS OF: SUCCESS
POWER
LEADERSHIP
EFFECTIVENESS
RESPECT

FRACTALS, REPEAT!



© 2012 WEL-Systems® Institute

WEL-Systems® is a registered trademark of Louise LeBrun



That's how we develop
RESILIENCE

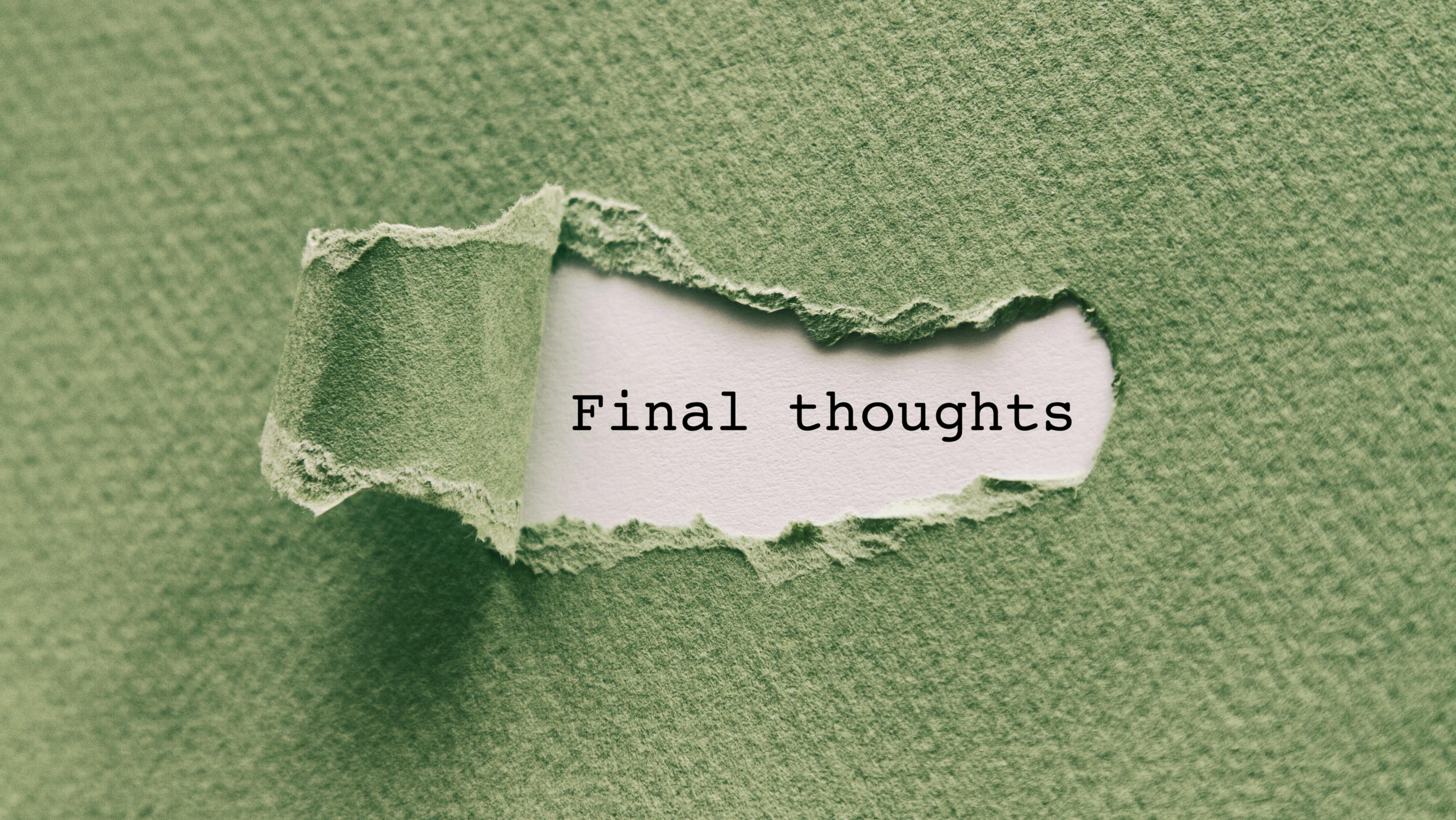




Moving Forward

WHAT CAN WE DO?

- ✓ Understand that trauma is often invisible.
 - ✓ Keep The Predictable Structure of Thought in your awareness to help you understand HOW the mind works.
 - ✓ Resilience stems from our capacity to interrupt harmful patterns.
-



Final thoughts