

MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

GET FREE FROM CHILDHOOD TRAUMA AND HEAL FROM LOVE!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



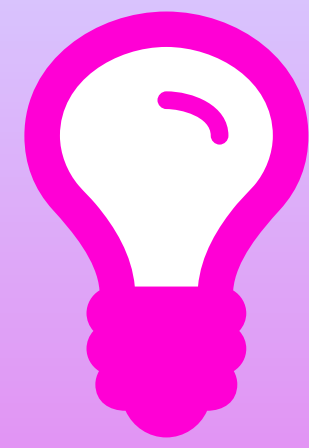
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HEAL FROM YOUR CHILDHOOD TRAUMA SO YOU CAN BECOME EMOTIONALLY HAPPY!

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HEAL FROM YOUR CHILDHOOD TRAUMA SO YOU WON'T REMAIN TROUBLED & DISTURBED!

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LET GO OF YOUR CHILDHOOD
TRAUMA SO YOU CAN RELAX YOUR
NERVOUS SYSTEM AND FIND
PEACE AND HAPPINESS!

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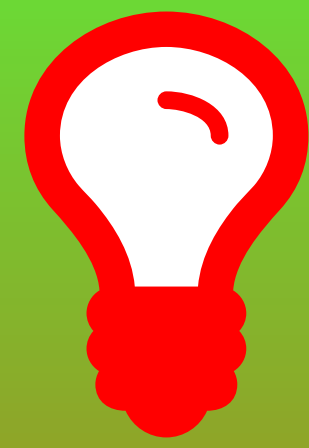


Coach Dan Ray

WHY ARE THERE SO MANY DISTURBED PEOPLE IN AMERICA?

LEARN HOW TO FIND LOVE, JOY, PEACE & HAPPINESS THIS SUNDAY!

By Charles E. Winburn, M.Ed.



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Charlie Winburn**



Coach Chuck Futel



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WHY ARE THERE SO MANY UPTIGHT PEOPLE?

LEARN SUNDAY HOW TO FIND RELAXATION & PEACE OF MIND!

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UNTREATED CHILDHOOD TRAUMA IN ADULTHOOD IS LINKED TO **SUICIDE IDEATION!**

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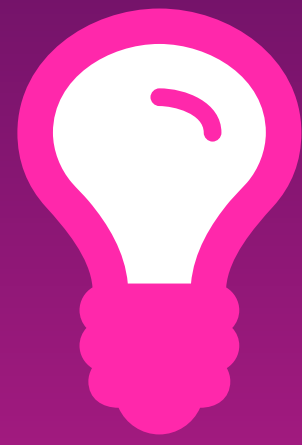
Coach Chuck Futel



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**WHY ARE 9 OUT OF 10 PEOPLE
AFRAID TO DISCUSS THEIR
MENTAL HEALTH STATUS?
FIND LOVE, JOY & PEACE IN THE SUNDAY MASTERMIND CLASS!**

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MASTERMIND CLASS & CLINIC 2026



**Master Life Coach
Charlie Winburn**



Coach Chuck Futel



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**25 WAYS TO OVERCOME BLAME,
GUILT & SHAME FROM YOUR
CHILDHOOD TRAUMA EXPERIENCES!
LEARN THEM IN THIS SUNDAY'S MASTERMIND CLASS & CLINIC!**

By Charles E. Winburn, M.Ed.

Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

Aim for Wellbeing
The Christ Hospital

513-791-5521

***AIM for Wellbeing: Integrative
and Functional Medicine***

Life Extension

**Research-based vitamins
and minerals**

855-874-9087

John H. Thomas, Ed.D.

Clinical psychologist

513-961-5682

(24-hour answering service)

Amen Clinics

Brain SPECT Imaging

877-311-2828

Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence Network
(ODVN) Helpline**

1-800-934-9840

www.odvn.org

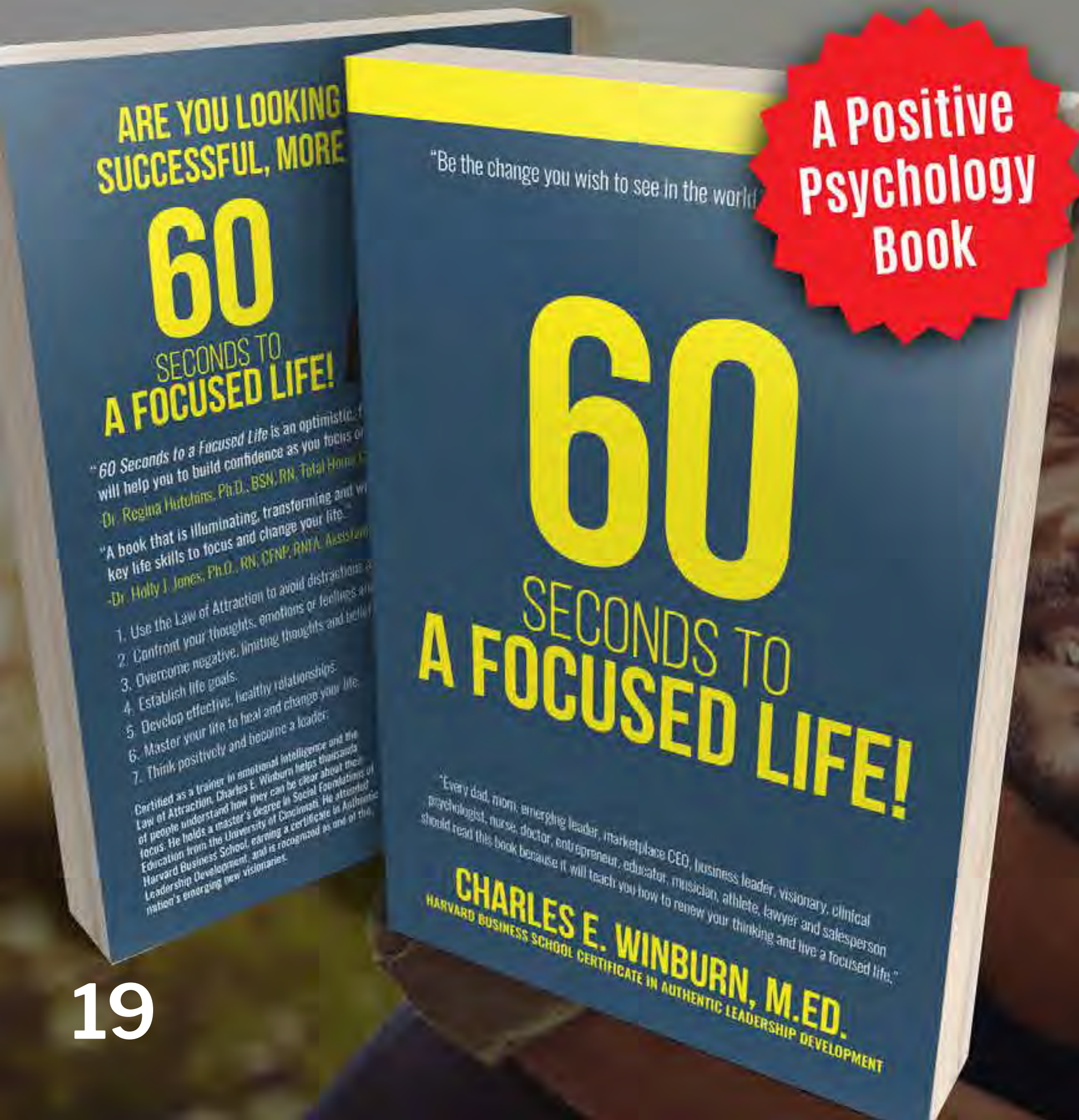
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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A Positive Psychology Book

60 Seconds to a Focused Life!

The best book to ever arrive to help you reach your highest human potential.

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

Isaiah 53:5

**Heal me, O Lord, and I shall be
healed: save me, and I shall be
saved: for thou art my praise.**

Jeremiah 17:14

When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.

Matthew 8:16-17

Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

James 5:14-15

**Bless the Lord, O my soul, and
forget not all his benefits: Who
forgiveth all thine iniquities; who
healeth all thy diseases.**

Psalm 103:2-3

Then they cry unto the Lord in their trouble, and he saveth them out of their distresses. He sent his word, and healed them, and delivered them from their destructions.

Psalm 107:19-20

And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear unto his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.

Exodus 15:26

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

1 Peter 2:24

**He healeth the broken in heart, and
bindeth up their wounds.**

Psalm 147:3

**But unto you that fear my name
shall the Son of righteousness
arise with healing in his wings; and
ye shall go forth, and grow up as
calves of the stall.**

Malachi 4:2

**And Jesus went about all the cities
and villages, teaching in their
synagogues, and preaching the
gospel of the kingdom, and healing
every sickness and every disease
among the people.**

Matthew 9:35

And he said unto her, Daughter, thy faith hath made thee whole: go in peace, and be whole of thy plague.

Mark 5:34

And the whole multitude sought to touch him: for there went virtue out of him, and healed them all.

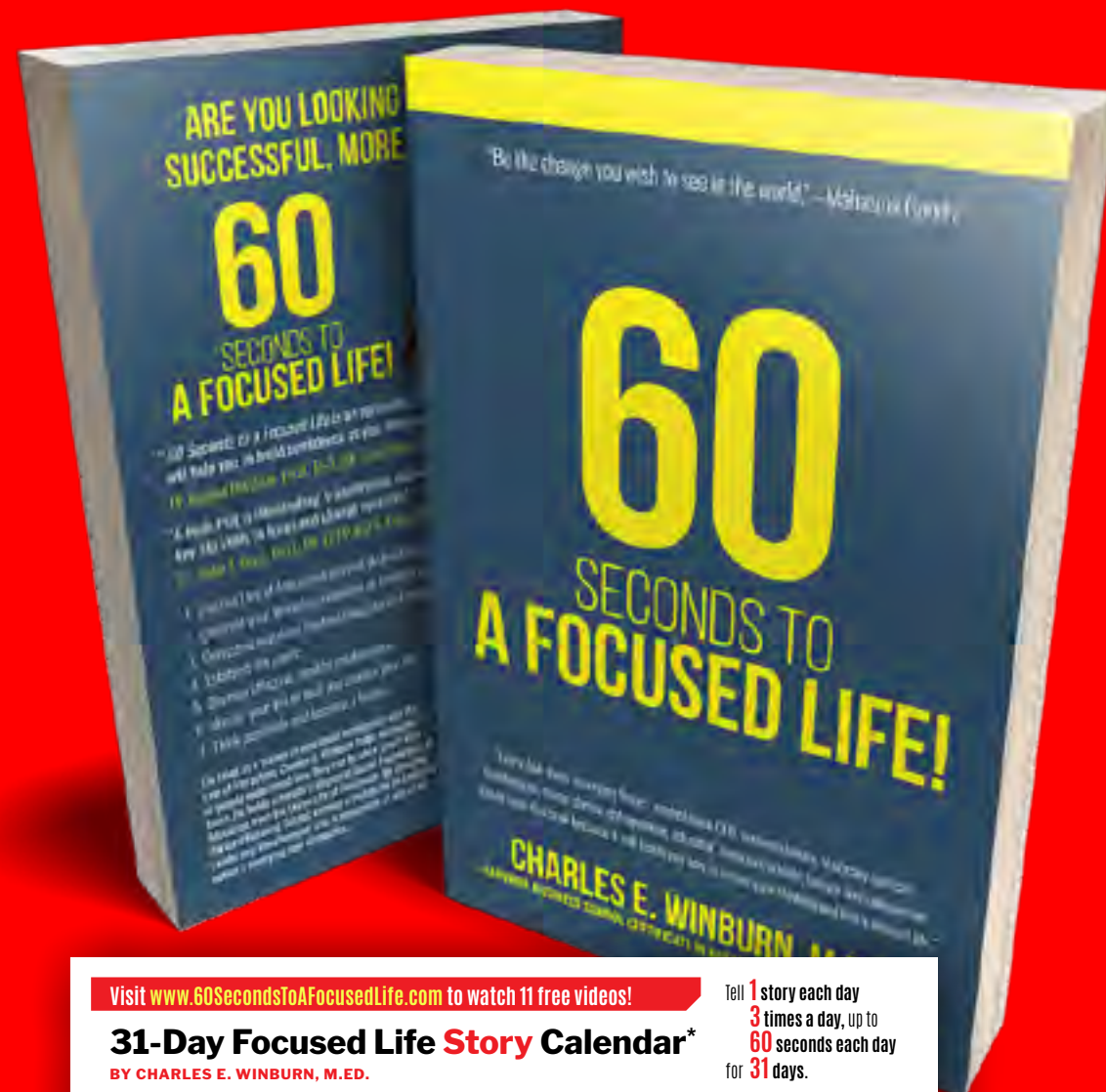
Luke 6:19

But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole.

Luke 8:50

**O Lord my God, I cried unto thee,
and thou hast healed me.**

Psalm 30:2



Trigger signs you may have untreated childhood trauma

AI Research

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1. Chronic hyperarousal and vigilance

- **Constant sense of being on edge**
- **Startle easily, hyper-vigilant to potential threats**
- **Sleep disturbances (insomnia or frequent waking)**

2. Emotional numbness or dissociation

- Difficulty feeling emotions or “checking out” during stress**
- Memory gaps related to stressful events or periods of childhood**
- Feeling detached from self or surroundings**

3. Difficulties with trust and relationships

- **Fear of depending on others or being betrayed**
- **Recurrent relationship patterns (repeatedly choosing unavailable partners)**
- **Difficulty maintaining close, stable relationships**

4. Anxiety and/or depressive symptoms with early onset

- Persistent worry, rumination, or panic-like episodes**
- Chronic sadness, hopelessness, or lack of interest**
- Physical symptoms (aches, GI issues) without clear medical cause**

5. Shame, guilt, and self-criticism

- Excessive self-blame for events outside one's control**
- Negative body image or self-worth tied to past abuse**
- Reluctance to share personal experiences due to fear of judgment**

- 6. Emotion regulation difficulties**
- **Rapid mood shifts, irritability, or outbursts**
 - **Difficulty calming down after stress**
 - **Problems with impulse control (e.g., self-harm or risky behavior)**

- 7. Somatic (body) symptoms without clear medical cause**
 - Chronic headaches, stomach issues, or chronic pain**
 - Recurrent fatigue or low energy**
 - Psychosomatic responses to stressors**

8. Intrusive memories or flashbacks

- Involuntary recollections of traumatic events**
- Triggers (sensory cues) causing sudden distress**
- Vivid dreams or nightmare patterns related to past trauma**

9. Avoidance and numbing behaviors

- Avoidance of places, people, or activities related to trauma**
- Substance use or addictive behaviors to escape distress**
- Social withdrawal or isolation**

10. Negative worldview and shattered sense of safety

- **Belief that the world is dangerous or unreliable**
- **Persistent feeling of impending doom**
- **Difficulty trusting institutions or authorities**

11. Attachment and parenting patterns

- **Repeating dysfunctional parenting behaviors**
- **Difficulty forming healthy attachment with own children**
- **Over- or under-reactivity to child's cues**

12. Self-destructive or high-risk behaviors

- Substance misuse, eating disorders, self-harm**
- Risk-taking as a coping mechanism**
- Financial or legal problems linked to coping strategies**

13. Sleep disturbances and nightmares

- **Insomnia, frequent awakenings, or restless sleep**
- **Nightmares involving themes of danger, abandonment, or harm**
- **Sleep paralysis or disturbances linked to stress**

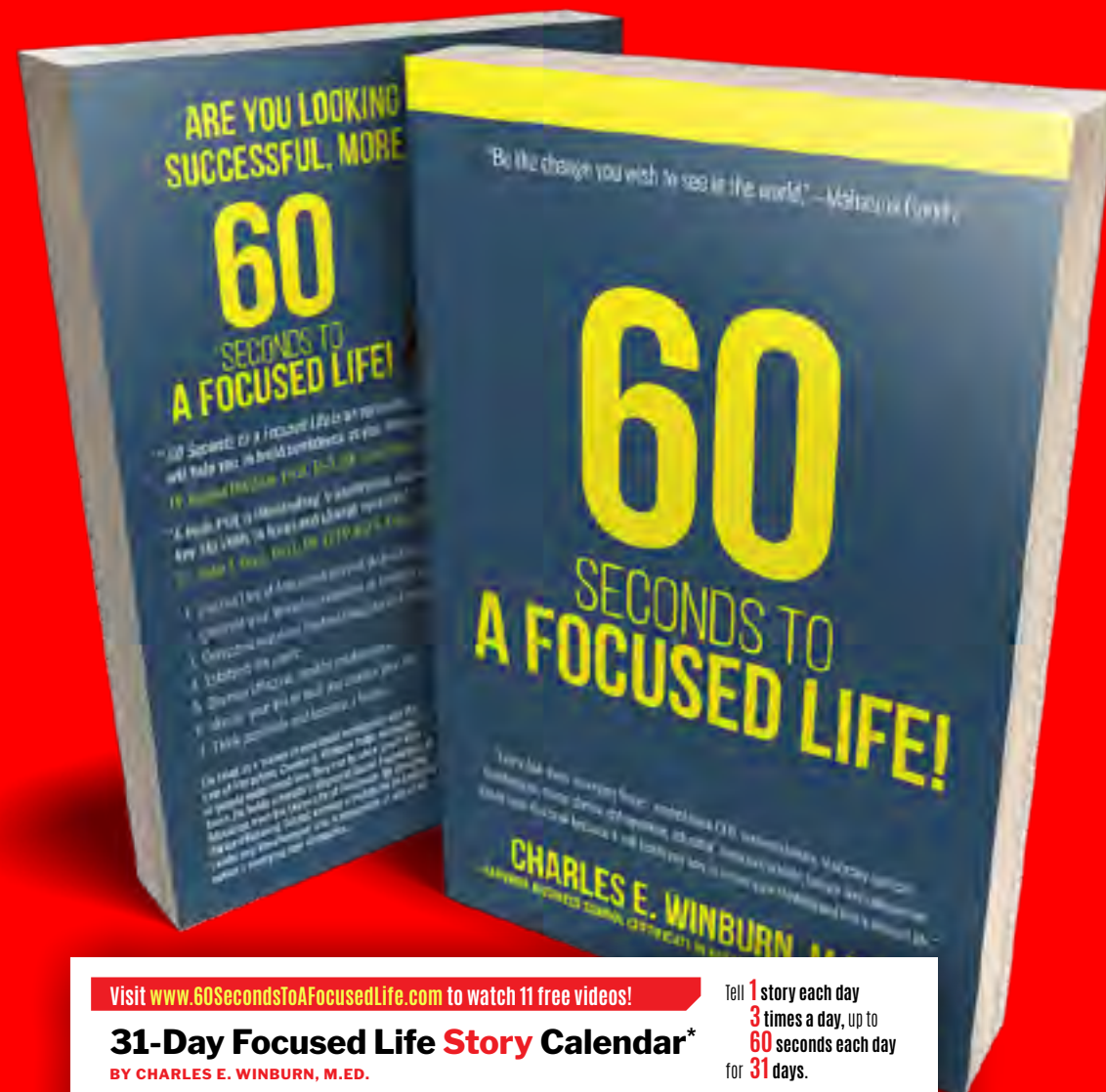
14. Identity and self-concept issues

Confusion about values, beliefs, or sexuality due to early trauma

- **Dissociation from aspects of identity during stress**
- **Persistent sense of being defective or unworthy**

15. Physiological stress response alterations

- Altered cortisol patterns, autonomic nervous system differences**
- Increased heart rate or blood pressure in response to minor stress**
- Chronic inflammation indicators in some cases**



Signs that a person might have mental challenges

AI Research

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DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and to give great thanks on the throne today.	DAY 10 It is my divine and human right to be peaceful and to be at peace with the Lord and the world today.	DAY 11 It is my divine and human right to be safe today.	DAY 12 It is my divine and human right to walk in the love and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in peace today.	DAY 16 It is my divine and human right to be honest and to be honest with others and myself today.	DAY 17 It is my divine and human right to be obedient and to be obedient to God today.	DAY 18 It is my divine and human right to be in the presence of God today.	DAY 19 It is my divine and human right to be in the presence of God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual health and mental life today.
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1. Persistent changes in mood or affect

- Noticeable, ongoing sadness, irritability, or flat affect that lasts weeks to months**
- Loss of interest or pleasure in activities once enjoyed (anhedonia)**
- Increased emotional reactivity or rapid mood swings**

2. Disrupted sleep and energy patterns

- Insomnia or hyper-somnia (excessive sleep) not explained by physical illness**
- Unusual fatigue, low energy, or lethargy despite rest**
- Changes in daily routines, including staying awake at night or sleeping during the day**

3. Altered thinking and concentration

- Frequent worry, ruminative thoughts, or intrusive mental images**
- Difficulty concentrating, making decisions, or remembering details**
- Racing thoughts, slowed thinking, or disorganized speech in severe cases**

4. Behavioral changes and social withdrawal

- Avoidance of social interactions, work, or school obligations**
- Sudden changes in behavior, routines, or personal care**
- Increased use of substances (alcohol, drugs) as a coping mechanism**

5. Physical symptoms with no clear medical cause

- Chronic headaches, stomach problems, muscle tension, or chest pain**
- Unexplained crying spells or agitation**
- Restlessness, pacing, or being unable to stay still**

6. Thoughts of self-harm or harm to others

- Expressing hopelessness, worthlessness, or intent to self-harm**
- Planning or attempting self-harm or harming others**
- Seeking means to harm themselves or others**

7. Severe anxiety or panic symptoms

- Sudden, intense fear or physical symptoms (racing heart, shortness of breath, dizziness)**
- Avoidance behaviors tied to feared situations or places**
- Feeling detached from reality (de-realization) or oneself (depersonalization)**

8. Distress affecting functioning

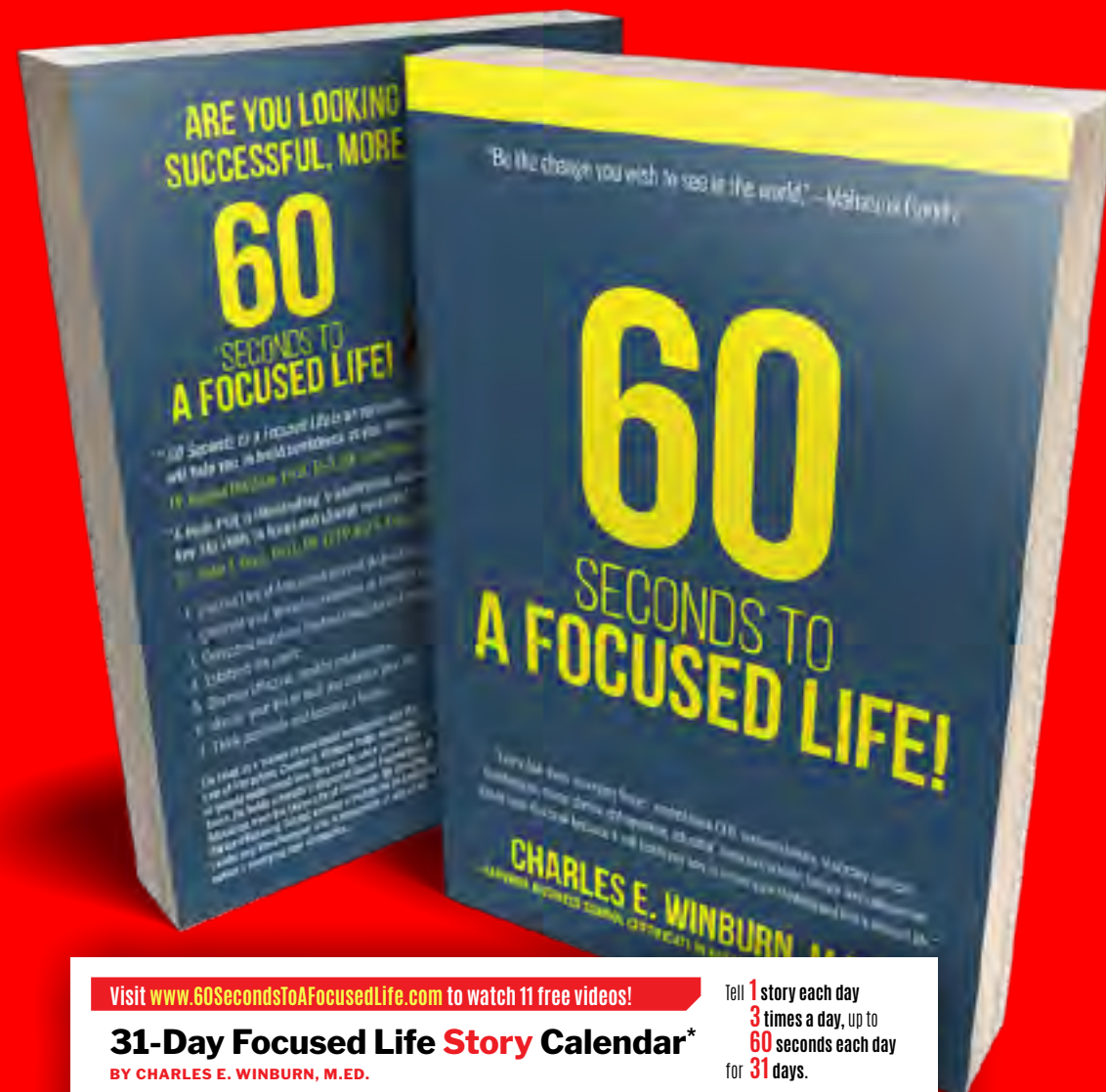
- Noticeable impairment at work, school, or home**
- Difficulties in maintaining relationships due to distress**
- Educational or occupational decline inconsistent with prior performance**

9. Substance-related indicators

- Regular, problematic use of alcohol or drugs to cope**
- Withdrawal symptoms when not using substances**
- Tolerance development requiring more of a substance to achieve same effect**

10. Suicidal or homicidal ideation (urgent)

- **Any expression of wanting to die or to harm oneself or others**
- **Direct plans, intent, or means to carry out harm**
- **Either immediate risk or ongoing, escalating distress requires urgent intervention**



Childhood trauma linked to suicide ideation in children and adults

AI Research

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Suicidal ideation is the consideration or contemplation of ending one's own life. It can vary in intensity and frequency and may range from fleeting thoughts to detailed planning. It is a serious mental health concern, and experiencing any level of ideation warrants attention and support.

1. Types of suicidal ideation

- Passive ideation: wishing to be dead or not waking up, without specific plans.**
- Active ideation: thoughts about how to end one's life, often with a plan or intent.**

2. Common factors that can be present

- Intense feelings of hopelessness, worthlessness, or unbearable pain**
- Depression, anxiety, trauma, substance use, or other mental health conditions**
- Acute stressors (e.g., grief, relationship problems, financial crisis)**

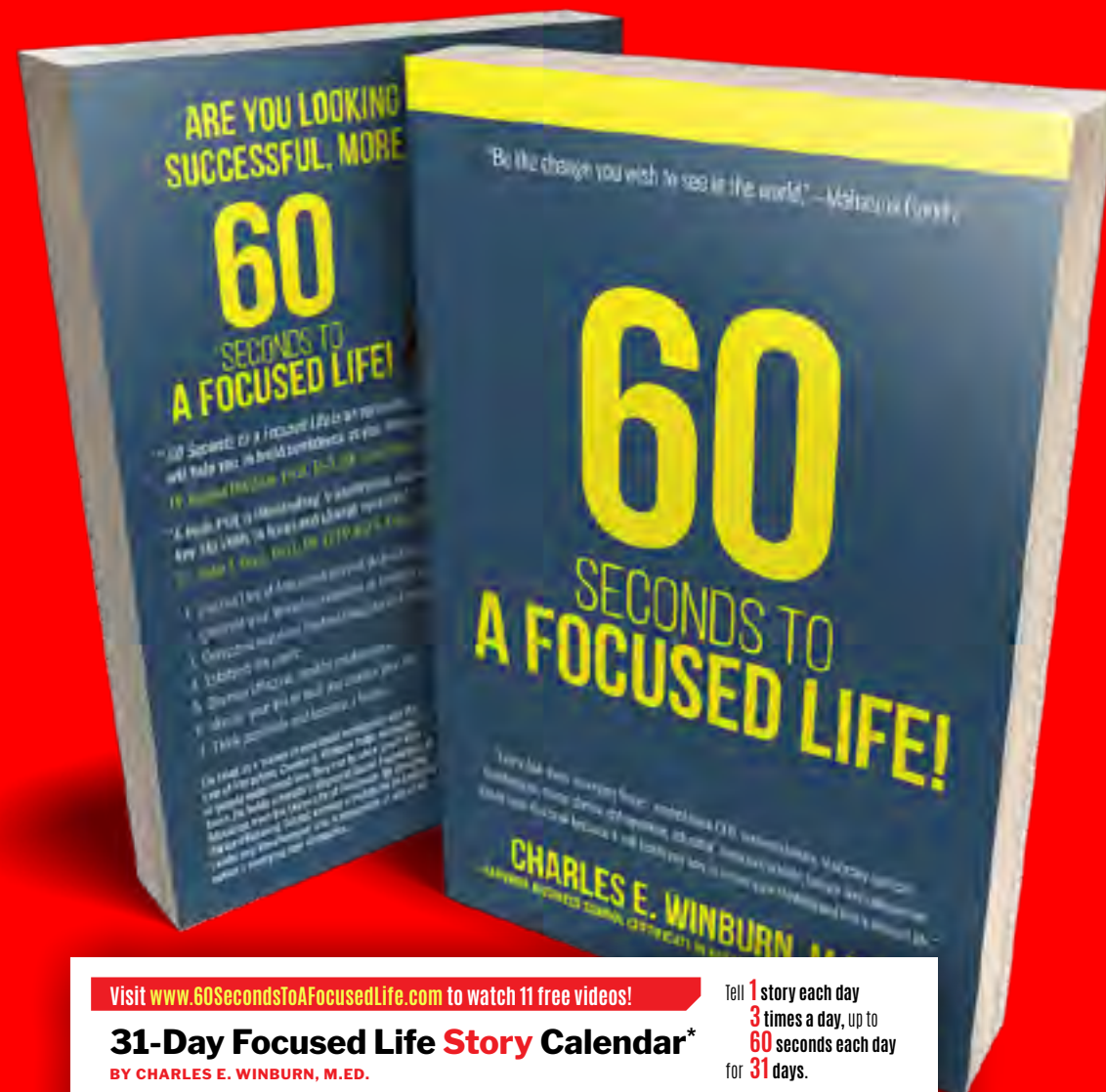
3. Warning signs (seek help immediately if present)

- Talking about wanting to die or to kill oneself**
- Looking for ways to self-harm or a detailed plan**
- Withdrawing, extreme mood changes, giving away possessions**
- Sudden calm after a period of distress (could indicate a plan)**

4. What to do if you or someone you know is experiencing ideation

- Reach out to a trusted person (friend, family, counselor)**
- Contact a mental health professional or crisis line**
- If there is immediate danger, call emergency services or go to the nearest emergency department**

- 5. Resources (examples; availability varies by country)**
- **National or local suicide prevention hotlines**
 - **Mental health crisis centers**
 - **Primary care physicians or therapists for ongoing support**



25 practical ways in helping one overcome untreated childhood trauma in adulthood

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1. Psychoeducation about trauma, guilt, and shame

- Understanding how early experiences shape current feelings helps reduce self-blame.**
- Learn how trauma affects the brain and emotion regulation (e.g., amygdala, prefrontal cortex, fear circuits).**

- **Distinguish guilt (I did something wrong) from shame (I am wrong as a person) and blame (unfairly placed on you).**
- **Practical steps: read reputable resources; watch psychoeducation videos; keep a “trauma map” noting triggers and meanings you’ve assigned to events.**

2. Naming and labeling emotions

- Precise labeling reduces intensity and increases control.**
- Practice a daily emotional check-in: “I feel X when Y happens.”**
- Use an emotions wheel or a journaling prompt to capture subtleties (embarrassment, guilt, self-criticism, heartbreak).**

- **Practice: 5-minute daily journaling; voice-record a quick note stating the emotion and trigger.**

3. CBT-style cognitive restructuring

- **Challenge distorted beliefs that fuel guilt and shame.**
- **Identify automatic thoughts (e.g., “I should have...”).**
- **Test evidence for/against the thought; generate more balanced views (e.g., “I did my best given what I knew then”).**

- **Practical steps: 1–2 structured thought records per week; reframe statements into self-compassionate prompts.**

4. Compassion-focused therapy (CFT) techniques

- Build a kinder inner voice to counter self-criticism.**
- Create compassionate self-talk scripts; imagine comforting a younger self.**
- Practices: compassionate letter to yourself; brief daily compassion meditation (1–3 minutes).**

5. Mindfulness and nonjudgmental awareness

- Observe thoughts and feelings without over-identifying with them.**
- Short practices: 5–10 minutes daily mindfulness or body scan.**
- Note triggers and automatic stories with curiosity rather than judgment.**

- **Tools: guided mindfulness apps, breath-focused exercises.**

6. Safe exposure and reprocessing (EMDR or similar)

- Process traumatic memories to reduce their hold on present emotions.**
- EMDR, trauma-focused CBT, or exposure therapy with a licensed clinician.**

- **Benefits: reduces distress from reminders; lowers shame amplification.**
- **Action: seek a certified trauma therapist and discuss suitability.**

7. Internal family systems (IFS) approach

- Work with parts that carry blame or shame (e.g., the “inner critic,” the “scared child”).**
- Dialogue with parts; acknowledge their pain and set boundaries for their influence.**

- **Practice: guided IFS sessions or self-guided journaling prompts about each part.**

8. Narrative rewriting and meaning-making

- **Re-author life stories to integrate trauma without defining you by it.**
- **Write a “new chapter” where you respond with resilience and care.**
- **Steps: 1) outline the old story; 2) write a revised version; 3) extract lessons and strengths.**

9. **Self-compassion exercises**

- **Actively practice kindness toward yourself in moments of shame.**
- **Techniques: self-soothing touch (hand on chest), kind self-talk, comforting imagery.**
- **Daily habit: 1 brief self-compassion moment after triggering events.**

10. Boundary setting and assertiveness training

- Protect against ongoing blame by defining safe limits.**
- Learn assertive communication (I-statements, clear needs).**
- Practice: role-play boundaries with a trusted friend or therapist.**

11. Social support and safe relationships

- **Repair and strengthen connections that nurture rather than re-traumatize.**
- **Build a small circle of trusted people; share slowly and selectively.**

- **Engage in groups or therapies that foster accountability and validation.**

12. Trauma-informed psychotherapy

- **Work within a therapy framework that recognizes trauma responses.**
- **Ensure therapists use trauma-informed, evidence-based approaches (TF-CBT, EMDR, PE, IPT).**
- **Why: reduces re-traumatization and enhances safety in healing.**

13. Somatic therapies for body-based processing

- **Release physical tension tied to trauma memories.**
- **Techniques: somatic experiencing, sensorimotor psychotherapy, grounding, breathwork.**
- **Practice: 10–15 minutes daily of grounding and gentle somatic exercises.**

14. Grounding and distress tolerance skills

- **Keeps you anchored during distressing reminders.**
- **Methods: 5-4-3-2-1 sensory grounding; square breathing; physical objects to touch.**
- **Habit: build a go-to grounding toolkit (textured object, ice cube, holding a comforting item).**

15. Sleep and stress regulation

- **Sleep quality modulates emotional regulation and guilt/shame reactivity.**
- **Priorities: regular schedule, wind-down routine, minimize stimulants.**
- **Techniques: CBT-I strategies, sleep hygiene checklist.**

16. Physical activity and somatic safety

- **Regular movement reduces dysregulated arousal and improves mood.**
- **Options: walking, yoga, tai chi, strength training.**
- **Tip: aim for consistency over intensity; 150 minutes/week is a common target.**

17. Journaling for self-forgiveness and accountability

- **Externalize internal narratives to examine accountability healthily.**
- **Prompts: “What did I need then? What do I know now? How can I respond differently next time?”**
- **Practice: 10–15 minutes, 3–4 times a week.**

18. Early-life memory integration strategies

- **Slowly integrate fragmented memories to reduce isolating guilt.**
- **Techniques: guided recollection with a therapist; safe narrative building; permission to forget or heal.**

- **Caution: avoid forced recollection; proceed at a pace set with a clinician.**

19. Acceptance and Commitment Therapy (ACT) principles

- **Accept painful experiences without letting them define you; commit to values-driven actions.**
- **Core steps: cognitive defusion, acceptance of emotions, value-based action plans.**

- **Practice: monthly values check-in; small steps aligned with core values.**

20. Self-advocacy and survivor identity formation

- **Reclaim agency and redefine what you are capable of despite trauma.**
- **Create survivor statements and goals; seek environments where you are respected.**
- **Action: join survivor networks, contribute to awareness or advocacy if desired.**

21. Psycho-spiritual or meaning-based frameworks

- For some, meaning or spirituality provides a source of resilience.**
- Explore practices aligned with personal beliefs (prayer, mindfulness in a faith context, meaning-centered reflection).**
- Ensure it supports rather than suppresses emotional processing.**

22. Medication when appropriate

- **Pharmacotherapy can support emotion regulation, sleep, and mood, enabling therapy.**
- **Common considerations: assess with a psychiatrist; monitor effects on guilt/shame reactivity.**
- **Note: medication is a support, not a cure for trauma.**

23. Routine check-ins with a clinician or coach

- **Regular touchpoints help track progress and adjust strategies.**
- **Set cadence: weekly or bi-weekly therapy sessions; monthly coaching for skills.**
- **Bring triggers, progress notes, and questions to sessions for targeted work.**

24. Creative expression and embodied practice

- **Express emotions through art, music, dance, or writing to surface shame without punishment.**
- **Ideas: journaling through poetry, sculpting with clay, movement improvisation.**

- **Benefit: externalizes internal experiences in a non-threatening format.**

25. Relapse prevention and ongoing maintenance plan

- Prepare for setbacks and have a plan to re-engage quickly.**
- Steps: identify early warning signs; list coping strategies; schedule booster therapy sessions; maintain support network.**

- **Practice: create a personal relapse plan and rehearse it during calm times.**



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

LET GO OF CHILDHOOD TRAUMA AND WALK IN HEALING AND WELLNESS!

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