



# Symptoms and Progression of Complex PTSD (Stoning Demons) (Volume 2)

*Kimberly Callis*

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## **Symptoms and Progression of Complex PTSD (Stoning Demons) (Volume 2)** Kimberly Callis

Complex PTSD takes a progressive pathology, with symptoms worsening over successive traumatic experiences or during periods of elevated stress. Book 2 of the Stoning Demons Series explains that Complex PTSD has its foundation in childhood trauma, impacting our development and undermining our mental and physical health for a lifetime. We tend to ignore the lifelong effects of trauma, with the misconception that children are inherently resilient. Those of us who experienced trauma in childhood know the truth of it. We are changed and shaped by those traumas and the response of others in supporting us through them. As adults, we are not separate from who we were or what we experienced as children. We remember it, if we are battling Complex PTSD, we are reliving it.

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