

Dear Reader,

For over 25 years I have worked in the mental health field and am passionate about helping people overcome the effects of childhood trauma or abuse. In my practice and for this booklet, I define trauma as any experience so emotionally painful, distressful or shocking, that mental, emotional, and/or physical evidence remains until treated. While nothing can replace working with a trained trauma therapist, there are many ways to help yourself heal. These are some tips that my clients and I have successfully used in the journey to healing, turning trauma into transformation.



## WORKING THROUGH TRAUMA AND ABUSE

**1 Give yourself the gift of time.** Your healing takes however long it takes and cannot be rushed.

**2 Educate yourself about trauma and its effects.** There's a lot out there on this topic. *The PTSD Workbook* by Mary Beth Williams has good general information on the effects of trauma and abuse and how to heal from it.

**3 Know when to get help.** You can ask for help without feeling desperate or thinking it is a weakness to need professional assistance.

**4 Find a trained trauma therapist.** Visit [www.sidran.org](http://www.sidran.org) for information on selecting your therapist. This is a non-profit institute whose mission is to educate and advocate for people suffering from traumatic stress.

**5 Realize that Post Traumatic Stress is like a roller coaster of extreme feelings.** You can go from numb to flooding with emotion. Healing involves learning how to soothe the part of you that was so frightened and to regulate your emotions.

**6 Know what triggers you and develop strategies to deal with triggers.** Cues (triggers) for childhood abuse can be physical, emotional, visual, or auditory. Even a certain smell can be a trigger.

**7 Be careful what you now put into your mind.** Watching violence on TV or in movies can often trigger memories of abuse. These types of movies or television shows are

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Let the transformation begin!



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