

## Healing from Trauma

How can you heal from trauma? There is no one “cure,” but a combination of support, insight, mindfulness practices and acceptance will move you toward a better quality of life. How fast this process occurs is uncertain, but what is certain is that not addressing the impact of your trauma will keep you stuck in an unpleasant place. It is important to know that trauma-focused treatment does not require you to relive horrific event(s) by sharing specific details in sessions. In some cases, therapists know very few details about the experiences their clients have had. People seek treatment not because of what happened to them, but because of the impact that their traumatic experiences are having on them today. Below are some excerpts taken from Bessel Van Der Kolk’s book *The Body Keeps the Score*:

*“Nobody can ‘treat’ a war, or abuse, rape, molestation, or any other horrendous event, for that matter; what has happened cannot be undone. But what **can** be dealt with are the traumatic imprints of the trauma on body, mind and soul: the crushing sensation in your chest that you may label as anxiety or depression; the fear of losing control; always being on alert for danger or rejection; the self-loathing; the nightmares and flashbacks; the fog that keeps you from staying on task and from engaging fully in what you are doing; being able to fully open your heart up to another human being.”*

*“The challenge of recovery is to re-establish ownership of your body and your mind- of yourself. This means feeling free to know what you know and feel what you feel without becoming overwhelmed, enraged, ashamed, or collapsed. For most people, this involves (1) finding a way to become calm and focused, (2) learning to maintain that calm in response to images, thoughts, sounds, or physical sensations that remind you of the past, (3) finding a way to be fully alive in the present and engaged with the people around you, (4) not having to keep secrets from yourself, including ways that you have managed to survive.”*