

Understanding Trauma/ Abuse / PTSD & Methods of Healing

When I heal myself I heal my world

What are the best ways to deal with Trauma?

Types of trauma

Practice: Birth Trauma

The brain and trauma

Working with Abuse

Enjoying Abuse

The Pattern of Abuse

Violence (myself / others)

The word Trauma

Traumatic words

Trauma and loss, grief

Anger and Trauma

PTSD

Memories

Living with Trauma

Trauma and the body

Cognitive shifts

Cognitive switches

Forgiveness

Becoming Free

Nourishment and Support

Use of Affirmations

Use of positive imagery

Moving Forward