

Trauma and Abuse

Trauma, particularly abuse, is what drives a lot of unhappiness and brings people into treatment. Trauma therapy is often a journey to the past, to revisit things we wanted to forget, but couldn't.

It is important to go back and "unpack" these bad memories. Sometimes people feel afraid that remembering these events might kill them. Although the work can be painful, the memories often bring a sense of relief.

It's not a good idea to do this work before you are ready. Pulling memories out before one is ready to deal with them is a mistake. Trust in the wisdom of your own mind. You put these things away until later and they will resurface when you are safe enough and strong enough to feel them.

It is important to have support when you are beginning this work. Having loved ones around who can give you a hug really helps. Taking good care of yourself: eating three good meals every day and sleeping 8 hours every night helps too. Being gentle with yourself and letting things unfold naturally is best.

Children can do trauma work also and do it easily and more directly than adults. Using expressive therapies like play therapy, art therapy and sand tray therapy helps. Workbooks are good for children, teens and adults who like to write. Reading books can also help trauma survivors.

Healing Works also recommends a group at some point in treatment. We do not usually offer them here but can help you find one that you can connect with. Having a group of people that completely understand you is very powerful.