What others have to say about the Trauma Recovery Program

"I have more hope because I’m learning ways to know I’m not bad and worthless."

"This class has helped me to recognize my feelings, how to not justify my wrongdoing, and how to calm myself and have clarity within my mind."

"I am able to more easily (and in some cases for the first time) recognize my triggers and understand their origins."

"I feel a load beginning to lift off of me. I’m really beginning to understand my problems and now have the tools to deal with them."

"I am able to understand that what I think may not be the "reality." That I was hurt and that hurt had a huge effect on so many areas of my life. I feel more grounded and I feel better about myself."

The Trauma Recovery Program is administered by Trauma Recovery Associates. Please contact us at

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The mission of TRA is to offer hope and healing for adult survivors of childhood trauma.
The Trauma Recovery Program uses the Trauma Model to introduce participants to these concepts:

- Grounding
- Attachment Ambivalence
- Processing Feelings
- Cognitive Distortions
- Calming the Body’s Stress Response
- Gradual Exposure to Triggers
- Locus of Control Shift
- Victim/Perpetrator/Rescuer Triangle
- Forgiveness
- Grief

What is Trauma?

Trauma is an event (or series of events) combined with individual vulnerability that creates an obstacle in healthy human development.

What is the Trauma Model?

The Trauma Model helps individuals and groups identify conflicts, unlearn specific distortions, develop self awareness, and regulate feelings related to trauma.

We utilize the Trauma Model, developed by Colin A. Ross, MD, to address the psychological injuries suffered by individuals and communities in the wake of trauma.