

## What others have to say about the Trauma Recovery Program



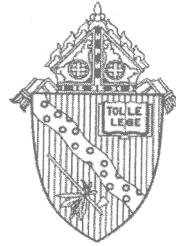
"I have more hope because I'm learning ways to know I'm not bad and worthless."

"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



269-459-2121



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1608 Lake Street  
Kalamazoo, MI 49001  
*located at the offices of  
Family & Children Services*

*The mission of TRA is to offer hope  
and healing for adult survivors of  
childhood trauma*

# Trauma Recovery Program

Learning Skills to  
Heal the Mind,  
Body, and Spirit

A Faith-Based Response  
for Adult Catholic Survivors  
of Childhood  
Abuse and Neglect



*Trauma is often hidden in plain sight ... it hurts individuals, families, businesses, and whole communities.*

### What does the Trauma Recovery Program offer?

- \* Understanding the effects of childhood abuse and neglect and why they continue
- \* Tools to stabilize daily living
- \* Skills to identify and correct distorted thinking
- \* Improved capacity to process and integrate emotions
- \* Healthier relationships
- \* A more satisfying life

### What a participant can expect:

- \* Small groups
- \* Trained mental health professionals
- \* Community-based locations
- \* Two individual sessions [pre- and post-assessments]
- \* Ten sessions, 2.5 hours each
- \* Includes a snack and break
- \* Invitation to participate in a research study
- \* No cost to participants



### 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.

**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

