

## *Adult and psychiatric Traumas*

*Some adult traumas, like those experienced by people in the mental health system, such as restraint and seclusion, also respond to treatment, as do traumas caused by natural disasters. Often, adult psychiatric traumas happen to people with childhood trauma, which compounds the issue, but healing is always possible.*

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## *The Truth about Trauma*



*Can we heal from it?*

*How do we heal from it?*

*Is there any one “best” way to heal?*

## *Can we heal from it?*



*The truth is that trauma, no matter how severe, can be treated with a high probability of recovery. Healing is not only possible, but probable, given the right conditions and help.*

## *How do we heal from it?*

*We need safe, healthy, connected relationships with people, including but not limited to our therapists and treators. Non-therapeutic relationships with other survivors,*

*recovering people or spiritual contacts are essential to the healing process.*

## *Three Suggested Guidelines for Successful Healing:*

- 1. Healthy relationships ONLY  
Unhealthy relationships re-traumatize us over and over.*
- 2. Dreams and goals for our future.*
- 3. Crisis plans for when we need them.*

*Some memory exposure is generally considered to be necessary to healing. If possible, this should be done once the survivor is stable*

*The hardest part of recovery from trauma for many of us is to finally become our own best friend and ally. It is often easier to establish external safety than to establish internal safety. But it is essential to recovery, and it can be worked on. As the saying goes,*

*act as if to become as if, and stay determined to win!*

## *Is there a “best” way to heal from it?*

*The answer as we see it is an emphatic “No!” There are many ways to heal from trauma. There is somatic or body-based therapy. There is talk therapy, deep memory work, DBT, and many other methods. It is very important to not underestimate our own ability to heal ourselves. Thinking that the therapist or the medications on their own will “heal” us is a mistake.*



