

SURVIVOR EMPOWERMENT

STARTS WHEN WE LEARN:



How trauma has impacted our brain and nervous system and how to reverse those changes

The quirks and tics in our behavior are not because we are crazy, broken or irreconcilably different but that these are normal responses to abnormal circumstances

What is abnormal is the pain, betrayal and shame of abuse

There is hope presented by neuroplasticity, the ability to regulate our emotions, form new mental habits and release trauma stored in our bodies, and when we rediscover trust through safe, stable nurturing relationships

How purpose and meaning contributes to post-traumatic growth

Advocating for ourselves releases us from silence, shame, and the lack of power and control we experienced during the trauma and continues to cast us as victims

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RECLAIM YOUR VOICE!