

What others have to say about TRA Programs



"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."

"Healthy living has helped me learn behaviors and emotions and how to be able to feel emotions and it's ok."

"I took away what I learned and have made an effort to apply it to my life here at KPEP, and hope and pray I can use it when I transition back to the community and I start my new life."

"I am able to understand that what I think may not be "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."



How to contact us

Trauma Recovery Associates

hope for healing



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Located at the offices of
Family & Children Services

Our Mission

*To offer hope and healing for adult
survivors of childhood trauma*

Trauma Recovery Associates

hope for healing

Healthy Living
Skills

Participants

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

What does Healthy Living Skills offer?

HLS helps participants recognize their triggers, learn skills, and overcome challenges to make more desirable choices.

- * *Small groups*
- * *Trained facilitators*
- * *Community-based locations*
- * *Seven sessions, 1.5 hours each*
- * *One individual session*
[post-assessment]
- * *Includes a snack and break*
- * *Invitation to participate in a research study*



Content covered in HLS groups

- *Staying grounded in the present*
- *Learning to manage strong feelings*
- *Identifying triggers*
- *Calming the body's stress response especially in response to triggers*
- *Modifying extreme responses and black and white thinking in work, school, family and relationships*
- *Understanding where one's own responsibility begins and ends*
- *Learning to accept grief*
- *Understanding the power of forgiveness*

Signs of Unresolved Trauma

- ⇒ *Inability to tolerate feelings or conflicts*
- ⇒ *A pattern of out-of-control and self-injurious behavior*
- ⇒ *Intense self-blame and feelings of unworthiness or being "ruined"*
- ⇒ *Staying stuck in the victim, perpetrator, or rescuer roles*
- ⇒ *Disorganized attachment patterns*
- ⇒ *Difficulty maintaining healthy relationships*
- ⇒ *Black and white thinking and other cognitive distortions*
- ⇒ *Intrusive thoughts, images, feelings, memories, & nightmares*
- ⇒ *Pathological dissociation*
- ⇒ *Extensive comorbidity/multiple diagnosis*
- ⇒ *Suicidal ideation*

