

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."

"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."



How to contact us



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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

Healing
Adults with
Childhood
Trauma

Healing ACT
Participants

What does Healing ACT 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



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.

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

Healing ACT 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

