

## 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."

"What a joy to obtain from the TRA workshop a sense of real paths on which to walk with those who are recovering and practical tools to make the journey easier for them and for me."

"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 ideas 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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Family & Children Services

### *Our Mission*

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

Trauma  
Recovery  
Associates

*hope for healing*

**Responding  
to Adult Survivors  
of  
Childhood Abuse  
and  
Neglect**



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

## Trauma Recovery Associates

TRA is a non-profit organization dedicated to assisting adult survivors of childhood abuse and neglect.

TRA has the expertise to provide therapeutic interventions for individuals and groups injured by childhood abuse and neglect.

TRA also trains mental health professionals in the core concepts of the Trauma Model and its applications.

## What is Trauma?

Trauma is an event (or series of events) combined with individual vulnerability that creates an obstacle to 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.

## TRA Services

### Direct Services

#### Healing Adults with Childhood Trauma

Healing ACT helps participants understand their responses to childhood abuse and neglect while gaining new skills to live healthier lives. This program is run in small groups for 10 sessions and led by licensed clinicians.

#### Healthy Living Skills (HLS)

HLS helps participants recognize their triggers, learn skills, and overcome challenges to make more desirable choices. Participants meet in small groups for 7 sessions and are led by trained facilitators.

### Professional Development

Training for mental health professionals to use the Trauma Model in individual and group therapy

Speaking engagements, consultations, and retreats on trauma

Training organizations on the effects and responses to childhood trauma

### Research

Demonstrating the validity of the short-term and long-term effectiveness of a group therapeutic model

## Impact of Childhood Trauma

A growing body of research directly links emotional, physical, and behavioral issues with Adverse Childhood Experiences (ACEs).

Through our work we know the effects of childhood trauma are deep and long lasting, and they extend well beyond the survivor.

