freetraumahealing.com

BE TRAUMA INFORMED

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives.

20% of these people that have experienced trauma go on to develop PTSD.

1 in every 9 women develops PTSD, making them 2X more likely than men to suffer from trauma.

WHAT IS A TRAUMATIC EVENT?

Witnessing death or injury
Physical Assault
Intimate Partner Violence
Combat
Political Violence
Sexual Assault
Sexual, Physical, Psychological Abuse
Child Sexual Abuse
Serious Injury
Childhood Cancer
Hate Crimes
Accidents
Accidental Deaths
Natural Disasters
Mass Shootings

WHAT ARE SYMPTOMS OF PTSD?

(Post Traumatic Stress Disorder)

Physical

Insomnia or nightmares
Fatigue
Being startled easily
Difficulty concentrating
Racing heartbeat
Edginess and agitation
Aches and pains
Muscle tension

Emotional

Shock, denial, or disbelief
Confusion, difficulty concentrating
Anger, irritability, mood swings
Anxiety and fear
Guilt, shame, self-blame
Withdrawing from others
Feeling sad or hopeless
Feeling disconnected or numb

RISK FOR DEVELOPING PTSD FOLLOWING TRAUMATIC EVENTS



BUT WHAT IS IT ABOUT TRAUMATIC EVENTS THAT CAUSES PTSD?

- Direct exposure to trauma as a victim or witness
- Serious harm during a traumatic event
- Feeling helpless during a traumatic event
- The belief that you or a close relative were in danger during traumatic event
- Experiencing trauma that was long lasting or very severe

PTSD MAY INCREASE YOUR RISK FOR MENTAL HEALTH PROBLEMS

Depression
Anxiety
Eating disorders
Suicidal thoughts & actions
Panic disorder
Addiction
Self-destructive Behavior

HOW TO HEAL TRAUMA

Counseling
Psychotherapy
FreeTraumaHealing.com
Hypnosis
Reiki
Body-Centered Psychotherapy
Functional Medicine
Presence oriented/mindfulness-based therapy
Brainspotting
Eye Movement Desensitization Reprocessing (EMDR)
Emotional Freedom Technique (EMT)

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