

Were You Traumatized?

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See a list of trauma symptoms and learn what you can do about it. Learn how you can trigger an innate, natural stress release process in the brain that often produces rapid and long lasting changes even when other types of treatment have failed.

- Do disturbing memories haunt you or interfere with your sleep?
- Are you afraid to go places or do things that are important to you?
- Were you in an accident or natural disaster?
- Did you witness an assault or rape, or were you the victim of violence?
- Were you physically, emotionally or sexually abused or assaulted?
- Did you lose a loved one suddenly through an accident, suicide or violence?
- Do you suffer from depression, anxiety, addiction, phobia or self-esteem issues?

If you answered 'yes' to even one of these questions, the effects of trauma may be interfering with your happiness, productivity, popularity and success. Most people don't realize that they have been traumatized. The symptoms of trauma show up in many different ways, including personality changes, aggressive and avoidance behaviors, withdrawal, fearful reactions, re-experiencing traumas, memory and concentration problems, sleep disorders, and nervous habits.

Most people don't seek therapy for one of the following reasons: 1) They don't recognize the impact of traumatic events on them, 2) they don't think anything can help, or 3) they don't want to bring up painful memories, thinking that "not remembering" will protect them from the pain. Like ostriches with their heads buried in the sand, some people think that by denying or repressing a memory, it won't affect them, while those around them may be painfully aware of its affects.

Time does not heal all wounds. It reinforces them, because unhealed wounds are emotional buttons that get pushed involuntarily, triggering inappropriate emotional and sometimes physical reactions that adversely affect our lives and can get worse over time.

Until recently, most people have been unaware of any effective methods for giving significant help to those suffering from trauma and Post Traumatic Stress. Now there are several powerful energy psychology tools available that can trigger an innate, natural stress release process in the brain that often produces rapid and long lasting changes even when other types of treatment have failed.

EMDR is the best researched of any psychotherapy method. EFT is based on the meridian system, is also well researched, and can be more appropriate to use at specific times. I use both EMDR and EFT in my practice as well as a wealth of other powerful transformational tools. I combine energy psychology techniques with a heart-centered, empowerment approach to therapy, because an open heart brings about quicker results from all healing methods.

Kalie Marino, MSW, clinical therapist, specializes in trauma and relationship issues. She can be reached at 215-672-1599 for private sessions and educational lectures.

(Click Here) to learn more about EMDR.

(Click Here) to learn more about EFT.