

Allied in
Trauma
Prevention and
Healing

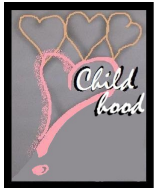
Healing from Childhood Trauma

What it may mean to survivors

| What is healing?

- A **very personal journey** with various goals including :
 - **Being able to function on a daily basis**
 - Function **physically** by having a safe place to live in, and maintaining a reasonable health – away from heavy medication
 - Function **mentally** by becoming aware of and having control over reaction to triggers, and developing trustworthy relationships
 - Function **financially** to fulfill the basic needs from food to paying all bills

Each survivor has a different view on what healing will be and this definition will also evolve over time.



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What it may mean to survivors

| What is healing?

- **Beyond functioning**
 - Being able to enjoy life
 - Find a purpose
 - Get an education and develop skills
 - Find peace within
 - ...

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