# Developmental Trauma **Healing:**

Supporting

Elements

# Self-Worth

I know my worth & have compassion and forgiveness for myself

# Joy, Play

I can celebrate. laugh, and feet joy

## Progress in any of these supporting elements supports progress and stabilization in the other elements.

## Body

Thear my body when it has a physical need or a message



### Inner Witness

I can observe myself in my experience in parallel with having the experience

# Safety and Support

I can feel safe and secure and can feel support from humans, nature or spirit

# Relationship

I can connect with other people

## Needs

I know what I feel, what I need, and what 1 want

Trust

I trust myself. discerning wisdom from fear. I relax into trusting those who are safe.

# Voice

I claim my voice, I speak my truth

> For example, through claiming my voice and finding the clarity and courage to speak up and be seen, I can reinforce my sense of self-worth, feel my needs more clearly,

and feed my creativity and other forms of expression.

Other Elements that could be included here are Boundaries. Gratitude, Curiosity, Faith, Hope, Breath, and Life Force.

# Sexuality

Lam comfortable expressing or not expressing my sexuality.

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Creativity

Using my gifts

I create beauty,

insight, truth.

and/or change

# **Trauma Healing Global Trend**

Kate Hudgins, Adam Blatner, Francesca Toscani

#### **Trauma Healing Global Trend:**

Healing World Trauma with the Therapeutic Spiral Model Kate Hudgins, Adam Blatner, Francesca Toscani, 2013 This book provides an accessible introduction to the Therapeutic Spiral Model in practice describing how it works its relationship with classical psychodrama neurobiology experiential psychotherapy and clinical psychology how it differs from other experiential methods and how it has been used with diverse populations and in different cultures Health, Healing, and Shalom Bryant L. Myers, Erin Dufault-Hunter, Isaac B. Voss, 2015-11-17 Frontiers and Challenges for Christian Healthcare Missions Ever since Jesus s proclamation in word and deed as the Great Physician his followers in mission have assumed that salvation and health are intertwined Yet for every age Christians need to examine how they can best announce the gospel message of God's healing in word and deed in their own context In our era we are often simultaneously grateful for modern medicine and frustrated by its inability to care for the whole person in effective affordable ways In this edited volume authors with an interest in health missions from a wide variety of experiences and disciplines examine health and healing through the theological lens of shalom This word often translated peace names a much more complex understanding of human well being as right relationships with one another with God and with creation Reading various aspects of healthcare missions through these glasses not only yields much needed correctives to current practice but also exposes the Spirit's invitation to participate in God's ongoing work of tending caring and healing our broken world 108-1 Hearing: Global Trends in Trafficking and The "Trafficking in Persons Report", June 25, 2003, \*,2004 Ethnocultural Perspectives on Disaster and Trauma Anthony J. Marsella, Jeanette L. Johnson, Patricia Watson, Jan Gryczynski, 2007-11-26 Crises do not occur in cultural vacuums but help often does Good intentions are not enough Lack of cultural understanding sensitivity and competencies can hamper and even harm the professional response to disasters To help and heal one must know and understand the cultural background of disaster victims Ethnocultural Perspectives on Disaster and Trauma offers readers substantive knowledge in these three vital areas of disaster response In this pioneering volume experts on individual and collective trauma experience posttraumatic stress and related syndromes and emergency and crisis intervention share knowledge and insights on the cultural context of working with ethnic and racial minority communities during disasters In each chapter emotional psychological and social needs as well as communal strengths and coping skills that arise in disasters are documented for major minority groups in the United States including specific chapters on African Americans Native Americans Arab Americans Asian Indians Chinese Americans Caribbean Americans Latin Americans Native Hawaiians and Vietnamese Americans Each chapter features information on Demographics major historical events and core values of each population Important cultural insights including communication styles culture specific disorders and valid assessment instruments Therapeutic and healing traditions versus conventional medicine and therapy Perspectives specific to the population s experience with disaster and trauma Authors recommendations for improving services to the population

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