



Offices of Dr. Jane A. Simington Ph.D.

205 Griesbach Road NW Edmonton AB T5B 6S5

Tel: 780 473 6732

Fax: 780 472 0885

Websites: www.drjanesimington.com www.takingflightbooks.com www.takingflightinternational.com

Email: info@takingflightinternational.com

Healing Long-term Effects of Childhood Trauma



Dr. Jane A. Simington, PhD.

Childhood trauma results from a horrific and terrorizing event or events that occur early in life. Traumatizing experiences often leave a child at the mercy of powerful others and feeling powerless to change their circumstances. To survive, a traumatized child may reject that something is wrong with the abuser or the overpowering situation and internalize a sense of badness that can manifest by acting out in ways to ensure punishment. This can later display in all forms of addictions, including drugs, alcohol, self-injury, eating disorders, and careless and dangerous acts. Effects of childhood trauma are experienced physically, mentally, emotionally, spiritually and socially. Without healing, these effects impact, in long-term ways, every aspect of human life and human functioning including interfering with both work and personal relationships.

Healing the Long-term Effects of Childhood Trauma is about addressing, in ways that provide lasting recovery, the effects of childhood trauma left on the body, mind, emotions and spirit.

During our time together you will:

- 1) Increase awareness of the effects of trauma on one's body, mind, emotion, spirit, and on relationships.
- 2) Remove triggers and flashbacks resulting from past traumas.
- 3) Identify strategies to heal each of the three major categories of trauma symptoms.
- 3) Apply therapeutic art, imagery and trance work to experience deep inner healing.
- 4) Reclaim parts of yourself that may remain as if frozen in time at the scene of past traumas.
- 5) Cut energetic and emotional ties with people and circumstances connected to your traumas.
- 6) Connect with spiritual guidance and learn to apply this guidance.
- 7) Cleanse the energetic space around you of any energetic effects of trauma
- 8) Release trauma responses from your body, mind, emotion and spirit.
- 9) Apply techniques to heal both personal and work relationships.

*** The content described above is best delivered in a three to four -day workshop. If your group desires this presentation as a keynote address, some of the experiential healing activities will be described rather than experienced and suggestions given for how more healing can be obtained.