



CHTA
CENTER FOR
HEALING TRAUMA AND ATTACHMENT

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BASICS OF TRAUMA

Trauma occurs when a person is overwhelmed by circumstances and responds with intense fear, horror, and helplessness. **There is a direct correlation between trauma and physical health.**

Trauma Can Stem From

- Childhood abuse
- War/Violence
- Medical Intervention
- Grief/loss
- Accidents/Disasters
- Physical, emotional, or sexual abuse

DID YOU KNOW?

70% of adults in the U.S have experienced some type of trauma at least once in their lives. **That's 223.4 million people.**

Headache, backache, stomach ache

Heart palpitations, Sudden sweating

Increased use of drugs, alcohol, or overeating

Depression or anxiety

Nightmares, flashbacks, or changes in sleep

Diminished interest in everyday activities

SYMPTOMS OF TRAUMA

Treatments Offered by CHTA

- Cognitive Behavioral Therapy
- EMDR (Eye movement desensitizing and reprocessing)
- Family Therapy
- Narrative Therapy
- Plan Therapy
- Yoga Therapy
- Psychoeducation Groups

Other Treatments

- Hypnotherapy
- Neuro-Linguistic Programming
- Massage Therapy
- Pet/Equine Therapy
- Peer Support
- Neuro Feedback
- Art, Music, Dance Therapies

Our mission is to provide **quality, effective, specialized trauma treatment** for individuals who experience trauma and attachment disruption. We believe that trauma requires different methods and approaches to healing, just as each individual is unique in their healing process.

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