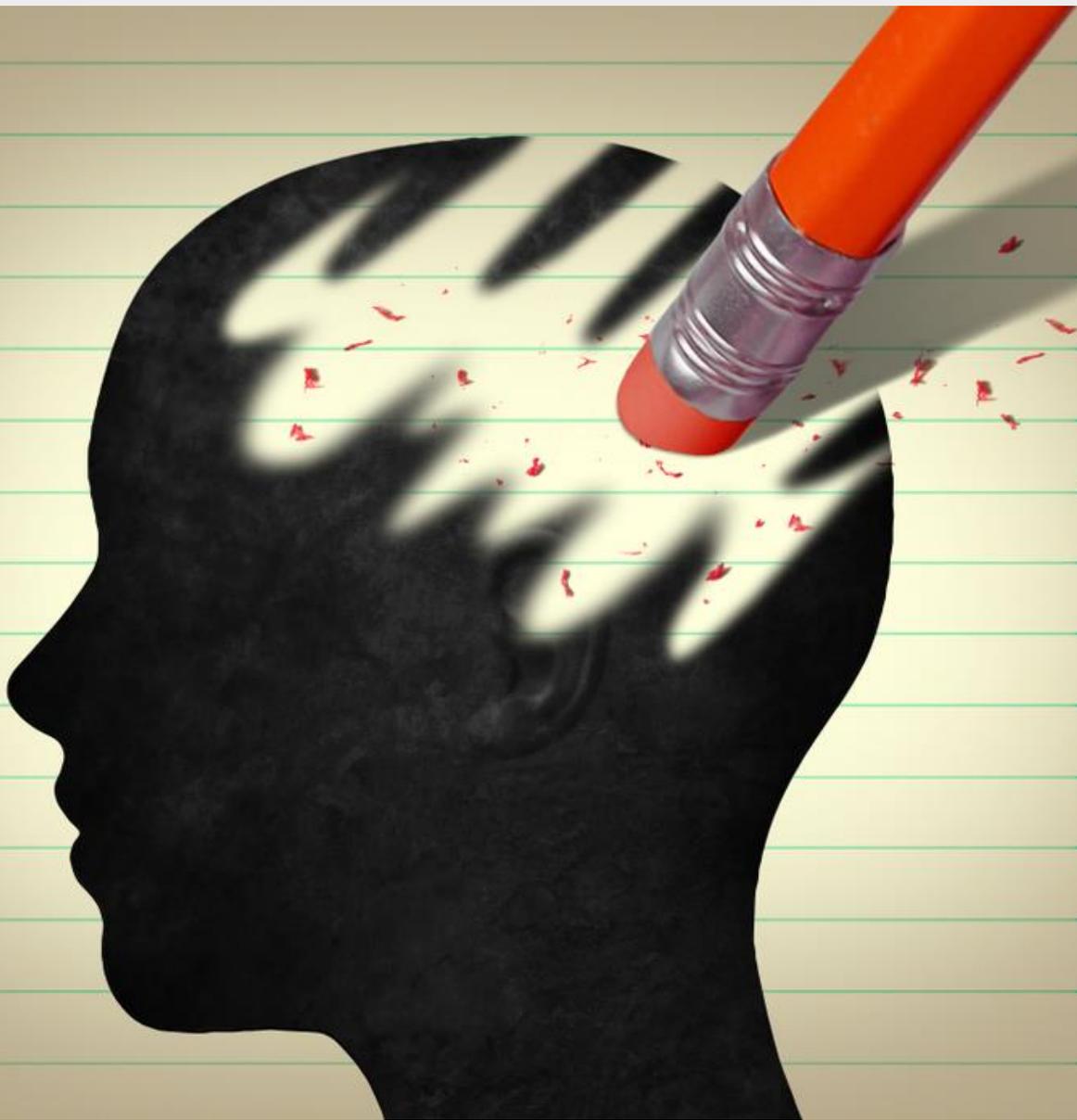




First Love Yourself  
Counseling, LLC

# The Everyday People's **Guide to Trauma**



By: Essence Cohen Fields, LPC

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Psychological trauma (which can interchangeably be used with emotional trauma) is a type of damage to the mind that occurs as a result of a severely distressing event. It is often the result of an overwhelming amount of stress that exceeds one's ability to cope with an adverse experience.

Emotional or psychological trauma can be classified in three ways. An experience of trauma due to a single incident such as a natural disaster is referred to as being **'acute'**. Trauma due to prolonged situations such as ongoing physical, sexual, verbal, or financial abuse is considered to be **'chronic'**. And then there is **'complex'** trauma which is classified as a result of prolonged situations experienced intermittently throughout a lifetime, such as racial discrimination and war veterans can also fall into this category.

In my private practice, I specialize in trauma processing and boundary setting and to extend my reach, I have developed a 12 week **Trauma Healing Program** for women who have experienced sexual abuse. Here is a small checklist to determine whether you or someone you know have been experiencing symptoms associated with a traumatic sexual event.

## Sexual Trauma Checklist:



- Have ever you experienced an event that you felt was traumatic and were told to, or felt that you had to keep it a secret?
- Do you ever have "flashbacks" sudden, vivid memories of the event?
- Do you have feelings that things are "unreal" or like you are not always present in your body?
- Do you have sexual feelings when you feel like you shouldn't have them?
- Do you have a pattern of becoming sexually intimate with partners too soon followed by regret?

If at least two or more of these statements resonated with you, then you may be experiencing unresolved trauma related to an unwanted sexual encounter.



# SO WHAT CAN BE DONE ABOUT IT?



## 4 Steps to Overcoming Sexual Abuse:



1. Be smart about media consumption. Avoid watching any program that could trigger bad memories or flashbacks including news reports about sexual violence and sexually explicit TV shows and movies.



2. Release any guilt or shame associated with the event. Forgive yourself and know that you have value.



3. Establish a protection plan- know what you would do to avoid any further trauma and learn how to set effective boundaries (see, "A Lesson on How to FLY: Understanding the correlation between Self-love, Healing, and Personal Success" for tips on setting boundaries)



4. Seek professional help to process the traumatic event and resolve unhealthy feelings associated with the experience once and for all.

I want to be able to help women heal from this type of adverse experience so they can restore positive core beliefs in themselves and live an even more productive life without being triggered into reliving their experience by everyday reminders. If you or someone you know may be interested in learning more about my 12 week Trauma Healing Program or any of the other services that I provide please visit [www.FLYCounseling.com](http://www.FLYCounseling.com).

Essence Cohen Fields, LPC

Owner/Executive Director

First Love Yourself Counseling, LLC

"You gotta have love to spread love...so why not, First Love Yourself"

[www.FLYCounseling.com](http://www.FLYCounseling.com)



# An extra freebie!

Here is a quick pocket guide to trauma that you can PRINT, CUT OUT, and use as a  
BOOKMARK!

(Be sure to make copies and share!)

## WHAT IS EMOTIONAL TRAUMA?

Psychological or *Emotional* trauma is a type of damage to the mind that occurs as a result of a severely distressing event. It is often the result of an overwhelming amount of stress that exceeds one's ability to cope with an adverse experience.

### Increase Your Awareness...

#### TYPES

<b>Acute</b>		<b>A single incident</b>
<b>Chronic</b>		<b>Repeated and Prolonged</b>
<b>Complex</b>		<b>Varied. Invasive. Interpersonal.</b>

#### EXAMPLES



ACUTE

natural disaster, loss of a loved one, an unwanted isolated experience



COMPLEX

ongoing environmental, racial and cultural discrimination



CHRONIC

domestic violence, ongoing sexual abuse, neglect

#### SYMPTOMS

<p style="color: purple; font-weight: bold; font-size: small;">EMOTIONAL</p> <ul style="list-style-type: none"> <li>Anger</li> <li>Fear</li> <li>Feeling disconnected or numb</li> <li>Feeling sad or hopeless</li> <li>Guilt, shame, self-blame</li> <li>Irritability, Isolating from others</li> <li>Mood swings</li> <li>Poor concentration</li> </ul>		<p style="color: purple; font-weight: bold; font-size: small;">PHYSICAL</p> <ul style="list-style-type: none"> <li>Aches and pains</li> <li>Easily startled</li> <li>Fatigue</li> <li>Insomnia</li> <li>nightmares</li> <li>Muscle tension</li> <li>Racing heartbeat</li> </ul>
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#### GET RID OF THE STIGMA AND GET SUPPORT

First Love Yourself Counseling, LLC  
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 The F.L.Y. Podcast (First Love Yourself)  
[www.FLYCounseling.com](http://www.FLYCounseling.com)



