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Healing Sexual Trauma: Reclaiming Personal Power



Dr. Jane A. Simington, Ph.D.

Effects of sexual trauma include anxiety and panic attacks, flashbacks and dissociative responses, depression, nightmares and other sleep disturbances, eating disorders, numbing of all feelings, and an inability to have healthy relationships, including sexually gratifying and intimate relationships. Many who have been sexually abused feel that a major piece of their Spirit has been stolen, including their sense of self and their sense of value and dignity. These feelings are often accompanied by a belief in being unworthy to live a life filled with joy and promise.

Healing Sexual Trauma helps you reclaim a life that is more whole and complete by releasing energetic attachments to the past and reclaiming your personal power and the aspects of yourself which remain frozen at the scene of the trauma.

During our time together you will:

- 1) Gain awareness of how the brain and nervous system respond to trauma and use strategies to heal both sides of your brain, nervous system and cellular memory.
- 2) Use nature work, therapeutic art and deep imagery to connect with your Spirit and to help heal your emotional and soul pain.
- 3) Practice techniques to reduce anxiety, decrease flashbacks and nightmare, feel more safe and grounded and to have more peace-filled moments and more restful sleeps.
- 4) Practice removing negative and harmful thought patterns and emotions, including shame and guilt, and replace them with feelings of joy and lightness.
- 5) Experience cutting energetic attachments to the abuse.