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**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.