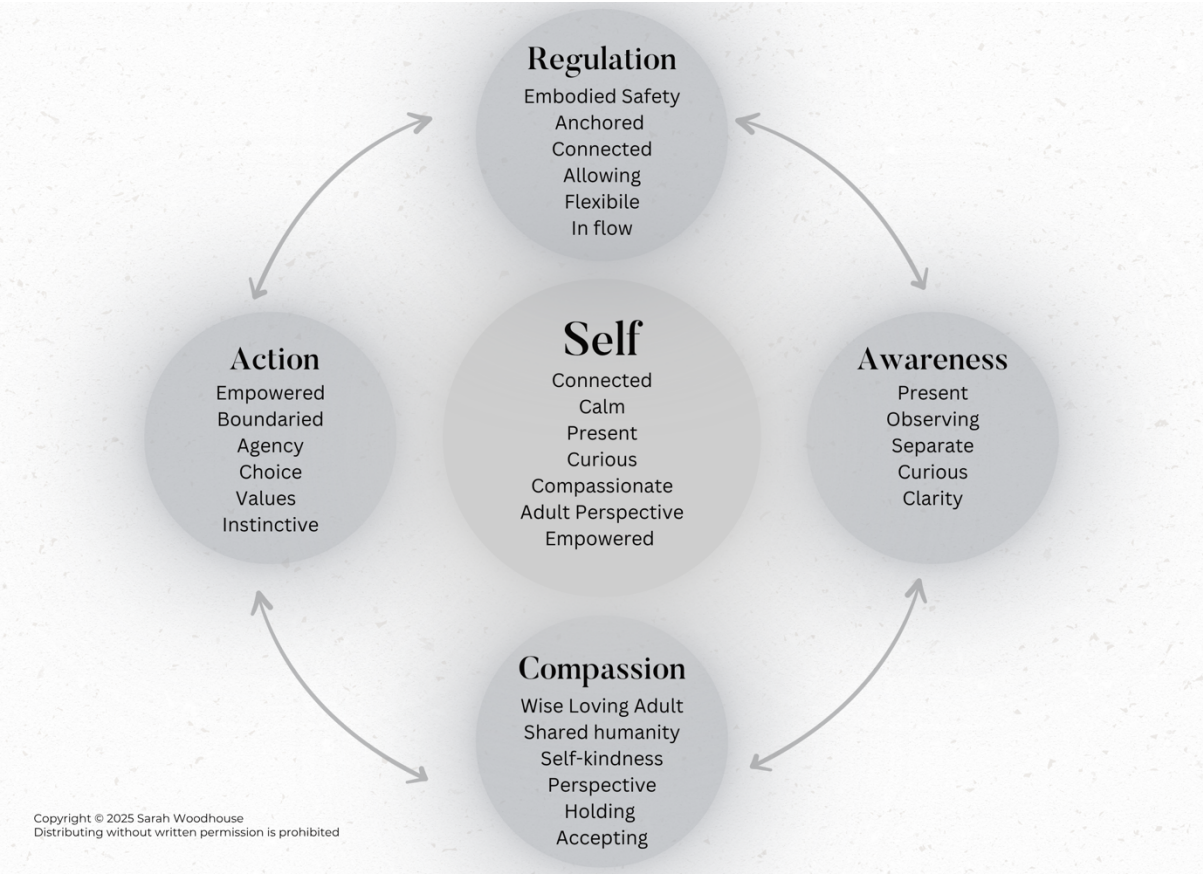

The process of trauma healing

As we repeat this process – learning to feel safer in our body, regulating our nervous system, deepening our awareness and adult compassion, and empowering ourselves by reclaiming our agency and choice – we re-establish our sense of adult self and heal our trauma.

This diagram is taken from my new book – *The Power of Self-Healing: Take Action Over Your Trauma*. More information about this diagram and my approach to trauma healing is included in the book, which you can buy through my website at https://sarahwoodhouse.com/book/ Or you can book a session with me and my team through my website https://sarahwoodhouse.com.

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