Childhood trauma healing: The sacred mountain top

As we increasingly take action to signal safety to our nervous system and move into regulation, our sense of self emerges – consciously aware, present, curious, compassionate, empowered and with an adult perspective. When this happens, we can separate from, see and validate our wounding, which helps us heal and move into connection with our sense of agency and choice.

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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