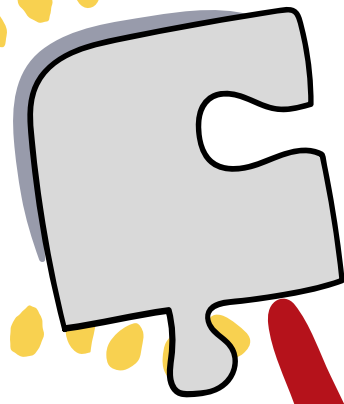


TRAUMATIC childhood ATTACHMENT TRAUMA

TOOK TOO LONG TO BUILD A BRIDGE TO MY HUSBAND

DISSOCIATION

AN UNREAL DETACHMENT FROM ONE'S SELF



HOW

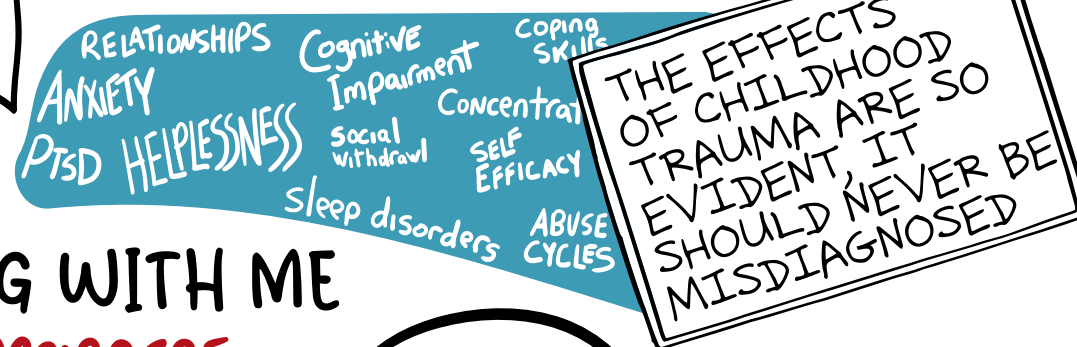
COMPLEX-TRAUMA
COMPLEX-PTSD

PTSD WITH
SIGNIFICANT
EMOTIONAL
DYSREGULATION

JUST LIVE!

State Action. National Change.

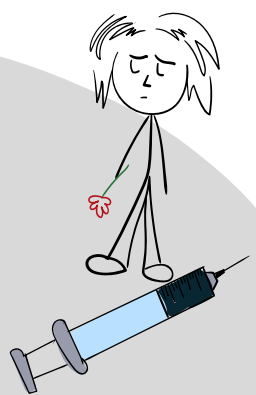
FEELING UNLOVABLE
DAMAGED
SOMETHING WRONG WITH ME
REMNANTS of Experiences...



a child's VULNERABLE NERVOUS SYSTEM

EXTREMELY STRONG EMOTIONS AND BODILY SENSATIONS

ADVERSE CHILDHOOD EXPERIENCES (ACES)
abuse · violence · neglect



SHAME + SECRECY

SELF HARM

SELF DESTRUCTION

SELF SABOTAGE

MYRIAD OF ADULT PROBLEMS

NO SHAME

WOUNDED HEALER

using Wounds to SERVE OTHERS

APPRECIATIVE INQUIRY LANGUAGE

"RULING WITH HEART"

INTER generational TRAUMA & IMPACT

The Healing Journey

TRAUMATIC childhood ATTACHMENT

POOR PARENTING SKILLS
NO ATTACHMENT

EARLY CHILDHOOD

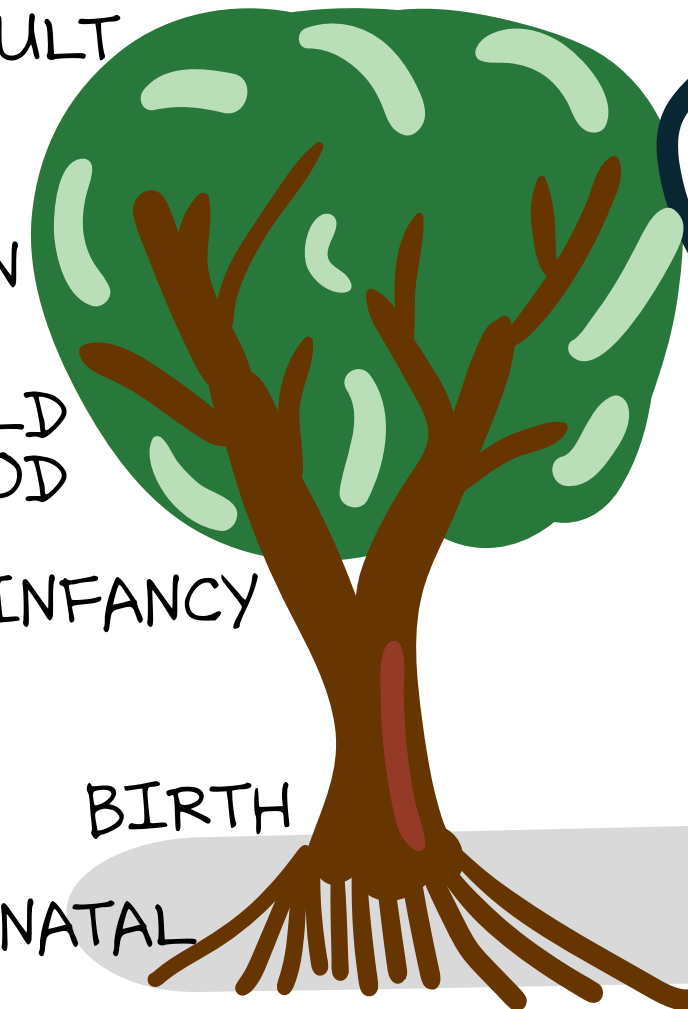
ABUSE
NEGLECT
DYSFUNCTION

ADULTHOOD

COGNITIVE STYLE
COPING STRATS.
POOR MENTAL HEALTH

TRAUMA TREE

ADULT
TEEN
CHILDHOOD
INFANCY
BIRTH
PRENATAL



INTER generational TRAUMA

ATTACHMENT THEORY

TRAUMATIC MICRO INTERACTIONS BUILD UP

EPIGENETICS
trauma?

SOUL WOUND

"...to walk alongside those...
...as...they discover their
strengths resiliency, sacred
gifts and unconditional love
so they can truly have for
themselves and those they love."

KELLY BOHNHOFF
PHD, RN, LMFT, ACTP, CLNC
JOSEPHINE'S CLINIC, INC.

