

What You Can Do to Start Healing

We offer a healing approach that is self-directed and empowering. The most important things you need to get started are:

- **Understanding** the effects of your experiences and conditions required for healing, and,
- **Empathy and loving connections** as discussed in the [#MeToo blog](#). Even though you may currently feel alone, we are offering an online Healing Support Program to help you get started.

Knowledge is the power. Love and empathy are the support. The following resources are meant to empower you with greater knowledge and support on your healing journey.

Resources Offered Here:

- **Start Healing Presentation**: You could review this presentation to help understand the effects of your experiences and what you can do to start healing. The presentation is designed for group exercises and discussion. However, you can still benefit from going through the presentation on your own or with a friend and writing down your thoughts and observations as you go.
- **Healing Support Program**: We offer a ten-week Healing Support Program which includes access to online videos sessions for each week. The Program is suitable for individuals to use privately and for groups to use to facilitate meetings and discussion. If you are interested in accessing the Program individually or starting a support group based on the Program, please review the presentation on the Healing Support Program at www.katlynshealingcenter.org.
- **Digital Resilience Cheat Sheet: 9 Quick Ways to Stay Calm Under Pressure** (pdf) – This document provides a simple list of proven self-care practices. You could try them to help yourself feel better.
- **SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach** (pdf) – You could review the information to understand how this government agency defines trauma and its effects, and what is recommended to caregivers in order to best support your healing. You may want to share this information with your care provider(s) and ask if they are able to offer a trauma-informed approach in support of your healing.
- **Adverse Childhood Experiences (ACEs) Summary & Effects**: Veronique Mead (pdf) – You could review the information and calculate your ACE score. Then you could use this information with your primary care doctor, behavioral health counselor, or other care provider(s) to tell them “what happened to you” without going into details.

Other Available Resources:

- ***For the Love of Katlyn: Principles and Practices for a Better Life***; Francis Alix, 2016 – The principles and practices in this book are taught and practiced in our Healing Support Program to facilitate healing from the effects of difficult life experiences or trauma. If you are interested in obtaining a copy, please go to www.fortheloveofkatlyn.org.
- **Helpful Books:**
 - ***Life, Reinvented: A Guide to Healing from Sexual Trauma for Survivors and Loved Ones***; Erin Carpenter, 2014.
 - ***Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror***; Judith Herman MD, 1992, 1997, 2015.
 - ***The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma***; Bessel van der Kolk MD, 2014.
 - ***Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal***; Donna Jackson Nakazawa, 2015.
- **Helpful Links, Videos, and Articles:**
 - ***From hell to healing: A survivor's journey***; Malcolm Aquinas – This brief survivor's story could help you gain confidence that healing is possible even after the worst experiences: <https://acestoohigh.com/2017/02/07/from-hell-to-healing-a-survivors-journey/>
 - ***How childhood trauma affects health across a lifetime***; Nadine Burke Harris www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

For Family and Friends: If you know of someone who may benefit from this information and you're wondering how to reach out while also being sensitive to their feelings, you may try offering one of the blogs ([#MeToo](#), [Substance Dependence](#), or [Mental Illness](#)) as a way of opening up a discussion. Words like, "I was wondering if you had seen this," or, "I found this blog really interesting/helpful," could be good ways to start. Most people will be able to identify with the blog content even though it may not directly apply to them. In this way you've at least made them aware and offered an opportunity for further discussion/investigation. It also provides an opportunity for them to pass along the information.

For Caregivers: You could consider using the blogs, presentations and/or supporting information as tools for developing a more trauma-informed approach, both individually and organizationally. You could also offer the materials to your clients to help further support their healing journey.