

Heal\*Thrive\*Dream

A Mother Daughter Company

# Successful Trauma

## TRANSFORMATION FORMULA

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# *Introducing the Success Transformation Formula*

This little e-book is for women over 40 and successful in the eyes of many. Nearly all women experience abuse or harassment during their lifetimes. Childhood is an especially vulnerable time for innocent children to become targets of abuse, likely by someone in their close family/friend network. Trauma and child abuse affect most aspects of an individual's life. Survivors of abuse often internalize their pain. They believe that in order to be successful; they need to bury their fragment memories, their feelings, and their wounds deeply underground to their core. Are survivors successful in achieving educational and career success? Of course. At what cost? What about their relationships? Their mental health? Physical health? Spiritual beliefs? Sometimes we can't see the hurt. It's invisible.

Heal Thrive Dream, LLC works with women who desire transformation in their lives. Being a hard charger in your career field, but because of past unresolved traumas, you haven't felt your best. Maybe you have frequent headaches, muscle tension, conflictual relationships, or maybe just feeling empty or numb. I believe these symptoms, and others, trace back to early traumas. Our work is to not only help women heal their wounds; but also help them be successful in ALL areas of their lives. For a true transformation to take place, tools and strategies need to propel women to a future they deserve to live.



## *Trauma Recovery & Empowerment*

Healing from trauma is complex and uncomfortable. There are several therapy modalities and some are effective and some seem to do more harm than good. Our approach isn't for everyone, and that is okay. What is our approach? Our approach is eclectic and combines TREM (Trauma Recovery & Empowerment) with CPT, CBT, DBT, Prolonged Exposure, Narrative Writing, and Motivational Interviewing. Basically, we cheated and took our favorite pieces of each modality and use with outstanding success. Not only have we tailored therapeutic modalities to be even more compassionate, respectful, and effective, we still tailor our services to meet the needs of each individual.

Dr. Maxine Harris and her team at Community Connections in Washington, DC. developed the Trauma Recovery & Empowerment Model. This therapeutic approach is holistic and well thought out as it builds women up and empowers them before discussing the harder topics of processing traumatic events. Women need to feel safe, heard, and have a connection with their therapist before true trauma recovery can start. This paired with somatic therapy (body/mind connection), cognitive processing therapy (working through trauma timeline paired with narrative writing), cognitive behavioral therapy (changing negative beliefs to healthier thoughts to feel better and change behaviors), exposure therapy to share the events over and over verbally and in writing to lower the emotional intensity, and then working to become more motivated to tackle this hard work head-on. Deciding to work on your trauma recovery takes courage!



## *Build hope, faith, attitude, action, purpose and passion*

Hope - provides us comfort. If you didn't have it in your early days, you can create it for yourself now. Check out our [hope tool](#).

Faith - all you need the amount of a mustard seed... choose to have faith and follow your intuition. The spirit that breathes life into you can guide you... but only if you let it.

Attitude - have some sass with your healthy attitude. Believe in you!

Action - taking massive action in pursuing your dreams is a must in getting meaningful results in transforming your life.



### Purpose

Having a sense of purpose is food for our soul. It is learning how to live with intention. It is knowing that your life means something more than you could ever know or understand. Not only is purpose personally meaningful, it can lead us to leave a mark on this world. How cool is that?

How does one find their purpose? This is a large area to explore in coaching, therapy, journaling and even through prayer/meditation. Your purpose is waiting for you to discover and naturally happens as we gain wisdom through education, life experiences, and through the practice of having an open mind. For some of us, this is a lifelong journey and that is okay!

### Passion

Need a spark? Focus on passion. What cause, charity, volunteer opportunity, or inspired work lights you up?

When you are passionate about something, you are willing to do whatever it takes to achieve the goal, objective, or task at hand. Passion is a secret superpower that motivates us, bonds us to others in COMMUNITY, and drives us to be both more creative and focus in our pursuits. Have you seen the movie, "Pursuit to Happiness?" Check it out for a first hand look at passion.

TRAUMA RECOVERY & EMPOWERMENT  
+HOPE+ FAITH + ATTITUDE+ ACTION+  
PURPOSE + PASSION =  
SUCCESS TRANSFORMATION



## *In Summary*

🕒 I hope this small e-book is giving you something to think about. I do not mean this publication to replace coaching or therapy. Now you know what investing in yourself could look like. Learning how to heal after trauma is difficult and takes courage. But what is the alternative? Pretending it didn't happen seldom works, or at least it doesn't work for long. Give yourself the gift of self-compassion and prioritize your mind-body-spirit-relationships. During your recovery... allow yourself to plant and water seeds of hope. Where will you go? What will you see? Who do you help? What kind of community can you build? What now looks possible that didn't look possible before? What are you yearning to create? What puts the biggest smile on your face and fills you up with gratitude? So many questions, so little time.

Choose now to work on your transformation. Need help? See my contact information on the last page and reach out to me today.

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# Thank You



Karen Robinson, LCSW, is a service driven social worker, therapist, and coach with 23 years of clinical experience. Karen received both her BSW and MSW from the University of Maine, where she is originally from. Karen is a genuine, authentic, compassionate provider. Her specialties are trauma recovery, anxiety, and depression. In her free time, Karen enjoys reading, writing, and spending time with her family.

Heal Thrive Dream, LLC is a mother daughter company

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