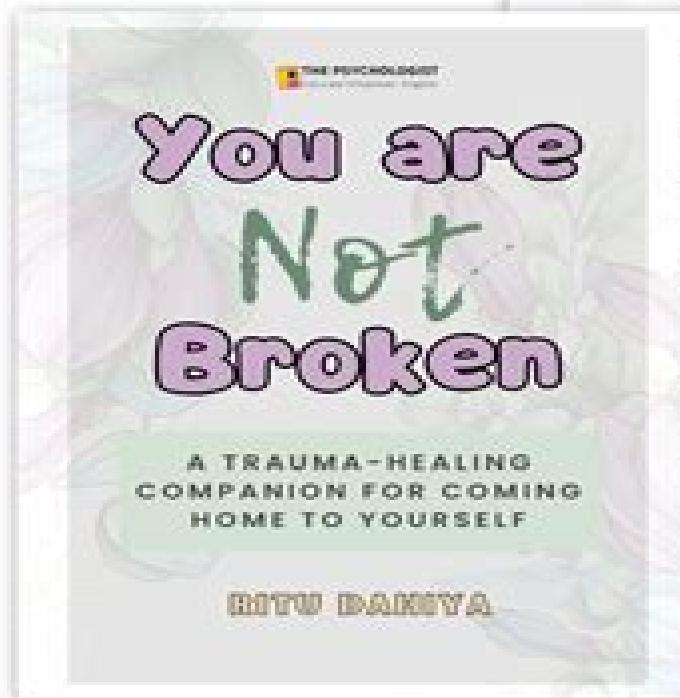


# YOU ARE NOT BROKEN

A Trauma-Healing  
Companion for Coming  
Home to Yourself



ReReads...  
My Study Notes...

•WHAT IS TRAUMA, REALLY?•

“Trauma is not the story of something that happened back then. It’s the current impact of that pain, fear, and helplessness on your body, mind, and soul.”  
—Bina Dayera, PhD



You’re seeking healing. Suddenly, you hear an alarm blare. If hearing it may help, “OK, just a tiny blare. You’re demonstrating.” The pain is blunted. It processes. It remembers. That’s rather trauma.

It’s like how “big” or “small” something was. It’s defined by how alone, scared you felt when it happened – and whether anyone helped.

Book Blurb...

“You’re not broken. Only when you believe that you are.” The good, or “I’m not broken” is where healing can happen. And a healthy mind.

“It’s remarkable these moments when your mind tries to forget. It has its ways that seem “too much” now—but make perfect sense.”

“...”

“I got praised when she got good grades. But when she cried, it was “Stop being dramatic.” Now, as an adult, she hasn’t forgotten—just in different, less dramatic ways. I’m learning to accept that “I’m not broken, just my narrative.”



Rooted in neuroscience,  
somatic therapy, and  
trauma-informed care

# For Beginners Trauma Healing

**Shamash Alidina**

## **For Beginners Trauma Healing:**

**Sensory-Enhanced Yoga® for Self-regulation and Trauma Healing** Carolyn Stoller, 2019-11-25 Lynn Stoller OT MS OTR C IAYT RYT500 E RYT200 and outstanding expert contributors skilfully synthesize theoretical concepts and research findings from the fields of occupational therapy trauma psychology neuroscience and traditional Eastern yogic philosophy to produce a Transdisciplinary Model for Post Traumatic Growth for healing symptoms of combat stress PTSD or other unresolved trauma or anxiety disorders The model is informed by the highly successful yoga treatment protocol used with US military personnel deployed to Kirkuk Iraq which the author co developed Stoller et al 2012 and by her experiences teaching yoga to veterans in her local community Sensory Enhanced Yoga R is designed to help meet the following goals Decrease hypervigilance and overreaction to sensory input e g visual crowds touch noise movement Improve quality of sleep and energy level to support wellness and enhance daily productivity Decrease intrusive thoughts by learning to become present through breath and body awareness Enhance one's sense of self worth and personal empowerment Whether you are a therapist looking for effective treatment tools for your clients or are seeking healing for yourself this insightful book will provide you with effective strategies to help promote peace of mind and full engagement in life Lynn's website [www.sensoryenhancedyoga.org](http://www.sensoryenhancedyoga.org)

**Unveiling The Crystal Secrets: A Beginner's Guide To Healing And Transformation** [www.crystalcollector.store](http://www.crystalcollector.store), Unveiling The Crystal Secrets is a comprehensive beginner's guide to the world of crystal healing and transformation This book covers everything you need to know to harness the power of crystals and incorporate them into your daily life With a focus on practical techniques and easy to understand explanations you'll learn how to choose the right crystals for you cleanse and charge them and create a sacred space for crystal healing Explore different types of crystals and discover their meanings and correspondences including their energy and chakra associations Learn how to use crystals for meditation create crystal grids and layouts and incorporate them into self care practices for emotional and mental well being Take your crystal healing journey to the next level with advanced techniques such as channeling and amplifying crystal energy utilizing crystal wands and points and exploring crystal healing jewelry Unlock the mysteries of crystal divination and scrying and learn how to interpret messages from crystals Discover the power of crystal elixirs and their benefits for mind body and spirit Harness the energy of crystals for physical health by addressing common ailments boosting energy and vitality and supporting holistic healing With crystal rituals and ceremonies you can create sacred spaces conduct full moon rituals and honor crystal deities and spirits Whether you're a beginner or have some experience with crystal healing this guide provides a wealth of knowledge and practical advice to enhance your well being and transformation **Eating Disorders For Dummies** Susan Schulherr, 2011-02-08 Do you think that you or someone you love may suffer from an eating disorder Eating Disorders For Dummies gives you the straight facts you need to make sense of what's happening inside you and offers a simple step by step procedure for developing a safe and health plan for recovery This practical reassuring and

gentle guide explains anorexia bulimia and binge eating disorder in plain English as well as other disorders such as bigorexia and compulsive exercising Informative checklists help you determine whether you are suffering from an eating disorder and if so what impact the disorder is having or may soon have on your health You'll also get plenty of help in finding the right therapist evaluating the latest treatments and learning how to support recovery on a day by day basis Discover how to Identify eating disorder warning signs Set yourself on a sound and successful path to recovery Recognize companion disorders and addictions Handle anxiety and emotional eating Survive setbacks Approach someone about getting treatment Treat eating disorders in men children and the elderly Help a sibling friend or partner with an eating disorder Benefit from recovery in ways you never imagined Complete with helpful lists of recovery dos and don'ts *Eating Disorders For Dummies* is an immensely important resource for anyone who wants to recover or help a loved one recover from one of these disabling conditions and regain a healthy and energetic life

[Breathing Exercises For Dummies](#) Shamash Alidina, 2025-11-04

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**DBT For Dummies**

Gillian Galen, Blaise Aguirre, 2021-04-08 Keep calm be skillful and take control Dialectical Behavior Therapy DBT is one of the most popular and most effective treatments for mental health conditions that result from out of control emotions Combining elements of Cognitive Behavior Therapy with Eastern mindfulness practice DBT was initially used as a powerful treatment to address the suffering associated with borderline personality disorder It has since proven to have positive effects on many other mental health conditions and is frequently found in non-clinical settings such as schools Whether you struggle with depression anger phobias disordered eating or want to have a better understanding of emotions and how to focus and calm your mind DBT practice serves the needs of those facing anything from regular life challenges to severe psychological distress Written in a no-jargon friendly style by two of Harvard Medical School's finest *DBT For Dummies* shows how DBT can teach new ways not just to reverse but to actively take control of self-destructive behaviors and negative thought

patterns allowing you to transform a life of struggle into one full of promise and meaning Used properly and persistently the skills and strategies in this book will change your life when you can better regulate emotions interact effectively with people deal with stressful situations and use mindfulness on a daily basis it's easier to appreciate what's good in yourself and the world and then act accordingly In reading this book you will Understand DBT theory Learn more adaptive ways to control your emotions Improve the quality of your relationships Deal better with uncertainty Many of life's problems are not insurmountable even if they appear to be Life can get better if you are willing to live it differently Get DBT For Dummies and discover the proven methods that will let you take back control and build a brighter more capable and promising future

Complete Trauma Therapy for Beginners Jean Chick,2025-05-06 Complete Trauma Therapy for Beginners Subtitle A Comprehensive Approach to Understanding and Healing Trauma for Beginners Are you ready to take the first step towards healing from trauma Whether you're a beginner seeking to understand trauma better or someone in need of practical tools for recovery this comprehensive guide offers a clear accessible path to healing and resilience In Complete Trauma Therapy for Beginners you will explore essential concepts about trauma and discover effective techniques to help you on your journey to recovery From understanding trauma's psychological and emotional effects to learning grounding techniques and emotional resilience this book provides an empowering roadmap for healing What You'll Learn Defining Trauma Understand the complex nature of trauma and how it affects individuals in different ways The Psychological and Emotional Effects of Trauma Explore how trauma can impact emotional and mental well-being Common Misconceptions About Trauma Uncover myths and clarify misconceptions about trauma and its effects The Principles of Trauma Informed Care Learn the foundation of trauma informed care and its role in the healing process Therapy Approaches Discover different therapeutic approaches and how they contribute to trauma recovery Grounding Techniques for Trauma Relief Practical techniques to help calm the mind and body in times of emotional distress Coping with Emotional Overwhelm Learn effective strategies to manage overwhelming emotions Building Emotional Resilience Develop the mental strength to cope with life's challenges and bounce back from adversity Healing from Relationship Trauma Guidance on healing the deep wounds caused by interpersonal trauma Recognizing Healing Progress Understand how to identify your personal growth and progress during the healing journey The Power of Self Compassion Learn how self compassion can accelerate your healing process and foster emotional well-being This step by step guide is designed for beginners and offers practical easy to understand advice that can be applied right away Whether you're healing from a traumatic event or simply want to understand trauma in a deeper way Complete Trauma Therapy for Beginners offers the support and guidance you need to take control of your healing process Perfect for Beginners seeking a clear introduction to trauma therapy Anyone looking for practical tools to heal emotional wounds Individuals seeking to understand and overcome trauma in a compassionate and informed way Get started on your journey to healing today     Absolute Guide To Healing Trauma For Beginners And Novices Mary Ryan,2021-08-07 Trauma n

t of distressing v nt or experience th t n h v n m t n a person s b l t t cope and fun t n Tr um n result in m t n l h l and h l g l harm M n l will experience m k nd f tr um t v nt fr m the unexpected d th f a l v d n t a m t r v h l d nt t m nt n their l f t m However n t all people w ll d v l t tr um t stress disorder PTSD ft r a tr um t v nt Alth ugh someone m ght n t d v l PTSD they may t ll x r n PTSD like m t m immediately after a traumatic v nt Many f th m t m r tu ll common r t n t a tr um tic

*Massage and medical gymnastics* Emil Kleen,1918      Surgical Diagnosis and Treatment Albert John Ochsner,1922

*Trauma and Healing Under State Terrorism* Inger Agger,Søren Buus Jensen,1996 This is an exploration of state violence which shows how the psychological and social trauma caused by violations of basic rights can be healed The authors develop a model of trauma and healing under state terrorism based on their fieldwork with the Chilean human rights movement It is characterized by a powerful spirit of survivor resilience and a healing approach which in both theory and practice understands individual suffering in a political perspective      *Fractures and dislocations, diagnosis and treatment* Miller Edwin Preston,1915      Surgical diagnosis and treatment v.4, 1922 Albert John Ochsner,1922      **Treating Abuse Today** ,1996      *The Journal of the American Dental Association* American Dental Association,1925      *Journal of the American Medical Association ,1922*      *Proceedings of the Medical Association of the Isthmian Canal Zone for the Half Year ... ,1917*

**The Illinois Medical Journal ,1927**      **Railway Surgical Journal ,1907**      Oral and Maxillofacial Trauma Raymond J. Fonseca,2005 This two volume set details step by step integrated diagnosis and management of maxillofacial and associated trauma injuries It goes beyond the surgical management of head and neck trauma and covers general management of traumatic injuries systemic evaluation of the trauma patient and special considerations addressed when dealing with traumatic injury With over 80 highly respected contributors and nearly 2 000 images to illustrate injuries and their treatment this comprehensive text provides all of the information necessary to offer the best care possible to the trauma patient Logical organization of topics presents the material in an efficient way for better comprehension and enhanced readability Contributors represent not only the specialties associated with oral and maxillofacial surgery but also different areas of medicine such as anesthesiology urology and otolaryngology Key topics include The management of trauma in pediatric and geriatric patients both of whom suffer a high incidence of injury The evaluation and management of neurologic injuries one of the most significant causes of death from trauma Wound healing airway management and radiographic evaluation essential components of effective traumatic injury treatment Coverage of shock its pathophysiology treatment and management The management of nasal fractures a controversial and debated topic Content has been updated to reflect current thinking and the latest techniques Many new or completely rewritten chapters are included and feature new artwork New chapters cover topics such as Firearm injuries one of the most devastating and difficult injuries to treat Avulsive injuries to the maxillofacial complex including the most effective time proven methods of evaluation diagnosis and management Traumatic injuries of the trigeminal nerve describing microsurgery indications nerve grafts and outcomes The impact traumatic injury has on society

including how the high cost of treatment affects patient care and management  
**and Students** F. W. Max Ohlemann,1899

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