



THE RIPPLING AFFECTS OF TRAUMA

LifeSource offers crisis counseling beyond talk therapy. Many in our community have already experienced EMDR therapy which can help when you just can't seem to get to the bottom of how your brain responds to a particular crisis.

Have you ever felt like your tires were out of alignment and your steering felt challenged just to 'keep it in the road'? Do you find that you are uncomfortable relaxing and letting your guard down? Do you feel if you let your guard down, you may fall apart?

While the most severely affected victims of Hurricane Matthew are apparent, the community at large also suffers the trauma often on a much more subtle level.

Do you sometimes feel a bit surreal or like a leading actor in the Twilight Zone? Do you experience repeated thoughts of fear, loss or disconnect and have difficulty discerning *reality* from a *dream state*? Do you find yourself overly empathizing more for the families directly impacted by the storm more than for your own family? Are you experiencing a racing mind and feelings of overwhelm?

The brain responds to trauma in 3 ways; fight, flight, or freeze. No matter the style your mind chooses to respond, signs of trauma and shock are easily identified by lack of integration in the left and right side of the brain. This type of trauma continues to try to resolve itself (hence the saying 'Time is a great healer') however this type of trauma will quietly continue like a broken record until the next trigger activates it.

EMDR (Eye Movement Desensitization Reprocessing) is a simple quick therapy involving eye movements to unlock the areas of the brain that has stored the trauma allowing it to be integrated, diminishing negative electrical charges and patterns bringing integration so the mind can resolve and release the repercussions and unwanted circumstances of the past event. The protocol is simple, fast and enjoyable.

EMDR is an excellent companion to EFT when the level of trauma may be more than skin deep.