

15 Trauma Healing Goals - Symbolic Representations

1. Finding Safety



2. Self-Regulation

Calming Down
Activation to Calm Alert



3. Into the Body

Dissociation to Grounded



4. Overwhelm to Simplicity



5. Inner Child Healing

Insecure to Secure Base



6. Finding Goodness



7. Finding Life

Shut Down to Having Vitality



8. Using Our Five Senses

Opening up and Connecting
to the World Around Us



9. Finding Power

Finding Will
Learned Helplessness to
Internal Locus of Control



10. Finding Self

Shattered to Whole
Retrieving Lost Parts of Self,
Rebuilding Sense of Self



11. Grief Healing



12. Brain Training



13. Analysis

Analyzing Our Reactions



14. Reaching Higher Mind

Reptilian Brain to Neocortex,
Survival Instincts to Normal Life
Ideas



15. Boundaries and Filters

