

TRAUMA TALK
BLOG

Conversations

MAKING MEANING OUT OF TRAUMA

REAL PEOPLE. REAL STORIES. *with* DIANA KENDROS



TO BLOG =
TO SHARE
TO CONNECT
TO LEARN
TO INSPIRE

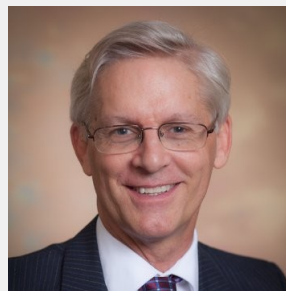
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Our new Blog and Podcast provide an understanding how traumatic events can result in suffering, from mild to severe, and how one event could so drastically alter the human brain, body and mind – and how a new balance and life can eventually emerge.

Our New Look and Content!



Welcome! I'm Diana, the founder of our Trauma Talk Blog and Podcast. I have dedicated my life to understanding trauma, to supporting those who have struggled with its often debilitating effects and to helping everyone – including myself find a way to make peace with our past, to move forward by making meaning out of even our most traumatic experiences.



Let me introduce my good friend, Jan, our dedicated business partner, writer, and editor. We have been friends for 25 years. We have worked together professionally in business. And we have worked together as volunteers, in our role as nationally certified mental health educators.

Together, we created this blog series because we are parents with lived experience, that is, we are parents who we have seen our loved ones and the people in our lives suffer from the anguish and havoc that trauma-related experiences can inflict.

So this mission is also our passion.

OUR BLOG SUPPORTS YOU

Our Trauma Talk Blog offers relevant and practical advice, tools, and articles from experts that can help all of us find a new balance -- a place inside that restores well-being, that is nourishing, calm, and compassionate in these trying times. Trauma is Real.

But it can be integrated.

It can be transformed.

It can become part of our new beginning.

VISIT OUR BLOG



TRAUMA TALK
BLOG

March 2021
Types of Trauma

MAKING MEANING OUT OF TRAUMA



March Blog Content

Types of Trauma

Effects of Trauma

Treatment for Trauma

Controversies About Trauma

MARCH BLOG TOPIC

What Is Trauma?

Trauma is a person's emotional response to a distressing experience.

Few people can go through life without encountering some kind of trauma.

Unlike ordinary hardships, traumatic events tend to be sudden and unpredictable, involve a serious threat to life—like bodily injury or death—and feel beyond a person's control.

CONTINUE READING ABOUT
TYPES OF TRAUMA

Psychology Today

TRAUMA TALK BLOG SERIES

THE TOLL OF TRAUMA AND THE OPPORTUNITY FOR A NEW BEGINNING

Understanding how traumatic events can

result in suffering, from mild to severe, and how one event could so drastically alter the human brain, body and mind – and how a new balance and life can eventually emerge.



These are the subjects of our Trauma Talk Blog Series.

CONVERSATIONS: MAKING MEANING OUT OF TRAUMA

We can have a meaningful life, we can be the hero of our own story. We can learn to steer through those sometimes-turbulent waters and face our own trials and challenges amid the stress of our daily lives.



Our conversations will help you to understand how to make meaning out of traumatic experiences.

GUIDANCE & TOOLS



PRACTICAL GUIDANCE & TIPS

Along the way our blog post experts and articles offer useful tips and practical tools that will help you to navigate your way to well-being in the areas of your life that matter to you.

You will read about many ideas for creating your own healthy toolkit that supports you and your family.

ADAPTING TO THESE CHANGING TIMES



TRAUMA TALK BLOG



CONVERSATIONS
WEBSITE



TRAUMA TALK PODCAST

Conversations Real People. Real Stories. Our Company and its Trauma Talk Podcast, Blog, and Coaching does not offer therapy or counseling services. We are not therapists or licensed mental health professionals. We are parents, coaches, and advocates with experience of living with and caring for someone with trauma or mental health challenges. We are a team of trained family peers, Nationally Certified Mental Health Educators, whose programs feature real-life conversations that offer solutions and communication strategies.

Please stay safe and healthy!

Diana and Jan

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