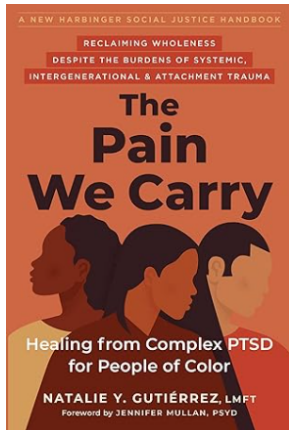


Book Recommendations

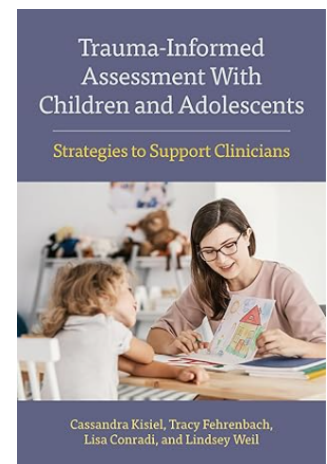
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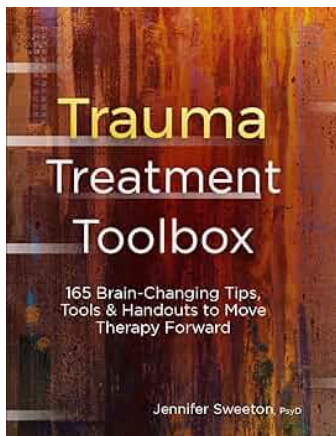
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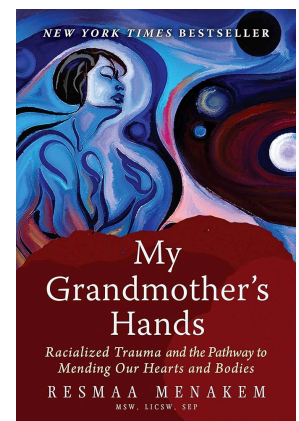
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General Recommendations

When dealing with trauma and PTSD, there are **many sources of healing**. There is no one way that fits all.

Trauma-Informed Interventions

Find a **trauma-focused therapist** who specializes in working with complex trauma or traumatic experiences. Some trauma-focused therapies include cognitive processing therapy, internal family systems (IFS), somatic experiencing, trauma-focused CBT, rapid/accelerated resolution therapy, prolonged exposure or exposure using VR, and EMDR. Regardless of therapy, the match between the individual and the therapist is a key component to healing from trauma (especially interpersonal trauma).

Find a psychiatrist who specializes in treating trauma syndromes for potential medication management. Some emerging research also indicates the possible benefits of ketamine or MDMA-assisted therapy.

Lifestyle Changes to Consider

Daily **exercises and movement**, including aerobic non weight bearing (i.e., swimming, stretching, yoga, walking) or weight bearing (i.e., karate, running, weight training).

Balanced diet (high in magnesium, calcium, nutrients/minerals, protein, and low in gluten, sugar, and dairy)

- Consider an anti-inflammatory or keto diet.

- Limit caffeine, especially after 2 PM.

Sleep hygiene practices (Restful sleep is vital to physical and psychological healing)

- Get at least 8-9 hours of sleep a night.

- Engage in a calming and relaxing activity right before going to bed.

Specific Coping Strategies

Practice **mindfulness or meditation**.

Engage **grounding techniques**, especially if dissociation is present, to connect with your body in the present.

Making **music** or listening to music.

Engagement of the **support system**.

Regular **time outside**, which has been shown to have many mental health benefits.

Use of **journaling** or writing can help make sense of distressing feelings and images, and can provide a safe space to write down thoughts and experiences.

Practicing a physical **art** or craft project.