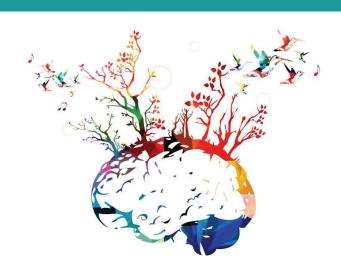
## Healing Trauma



"The core experiences of psychological trauma are disempowerment and disconnection from others. Recovery, therefore, is based upon the empowerment of the survivor and the creation of **new connections**."

Judith Herman, M.D., Trauma & Recovery



## YOU'RE NOT ALONE

At Fawzia Sultan Healthcare Network's Mental Health & Wellness department, we have psychologists and therapists who specialize in the evaluation and treatment of Post-Traumatic Stress Disorder (PTSD) and associated difficulties such as depression, anxiety, panic attacks, and sleep issues.

Your therapist is committed to providing compassionate care, ensuring that your story is fully heard. Your therapist will be closely attuned to the difficulties faced by people struggling with both PTSD as well as complex trauma, and is able to offer you a unique sense of understanding of the traumatic events you faced, and the struggles you endure now.

## We can help you heal...

We can help you get from surviving...to thriving









