

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

