



UNRESOLVED TRAUMA

Call Santé Center for Healing today to get started on your recovery!

866.238.3154



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What is Trauma?

According to the [American Psychological Association](#) trauma is “an emotional response to a terrible event.” Most people associate trauma with agonizing events, but any distressing event outside of the typical human experience can be traumatic.

There is a common approach to categorize trauma in terms of big “T” trauma and little “t” trauma. Big “T” trauma has been characterized as events associated with PTSD (Post-Traumatic Stress Disorder), such as war, sexual assault, or natural disaster. In this framework Little “t” traumas are bullying, harassment, or loss of a significant relationship.

At Santé Center for Healing, after 25 years of trauma identification and resolution work, we recognize that no two people experience the same traumatic situation and walk away from it in the same way. What may be a Big “T” or Little “t” to one isn’t to somebody else. There’s also the unintended consequence of a hierarchical approach to trauma that diminishes and often overlooks or even brushes off perceived “lesser” traumatic experiences as insignificant. Any and all trauma can have lingering effects on a person if left unaddressed and unresolved; unresolved traumas accumulate causing exponential damage and destruction.

The [American Psychological Association](#) notes the long-term effects of experiencing trauma include “unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea”. It’s common that individuals suffering from



unresolved trauma may also struggle with substance use and substance abuse.

Individuals who have experienced traumatic events frequently seek comfort from the shame, fear, anger, anxiety, and grief that surrounds such experiences. Attempts to cope can look like abusing substances, gambling, compulsive shopping, problematic sexual behaviors, disordered eating, or other addictive behaviors.

What Does Unresolved Trauma Look Like?

According to the [National Institute of Mental Health](#), here are a few markers that may indicate you have unresolved trauma -

- Flashbacks – reliving the trauma over and over, including physical symptoms like a racing heart or sweating
- Bad dreams

- Frightening thoughts
- Staying away from places, events, or objects that are reminders of the traumatic experience
- Avoiding thoughts or feelings related to the traumatic event
- Being easily startled
- Feeling tense or “on edge”
- Having difficulty sleeping
- Having angry outbursts
- Trouble remembering key features of the traumatic event
- Negative thoughts about oneself or the world
- Distorted feelings like guilt or blame
- Loss of interest in enjoyable activities



The effects of trauma impact individuals differently, from mild to moderate to severe. It's important to not discount the impact of trauma even if experiencing only a few of the symptoms mentioned above.



Why Are Traumatic Events Processed Differently By Different People?

There are a number of reasons trauma impacts people differently. The Mayo Clinic breaks down the reasons some people may be at greater risk for PTSD than others, including -

- Experiencing intense or long-lasting trauma
- Having experienced other trauma earlier in life, such as childhood abuse
- Having a job that increases your risk of being exposed to traumatic events, such as military personnel and first responders
- Having other mental health problems, such as anxiety or depression
- Having problems with substance misuse, such as excess drinking or drug use
- Lacking a good support system of family and friends
- Having blood relatives with mental health problems, including anxiety or depression

Don't let your trauma consume your life any longer.
Reach out to us today.



Additionally Santé Center for Healing's Director of Intake and Admissions Michelle Luttrell, MA, LMFT-S daily sees the causal relationship between PTSD and other mental health problems, such as -

- Depression and anxiety
- Substance use and abuse
- Problematic sexual behaviors
- Disordered eating
- Suicidal thoughts and actions

Michelle encourages those who have experienced any situation that negatively alters their approach and ability for daily living

"My daughter recently discharged from Santé after a 55 day stay. The staff are caring and are there to help clients, not just to earn a paycheck. All of my concerns were promptly addressed even in the middle of the night. Her addictions as well as her mental health issues were treated by knowledgeable, professional staff and I would recommend this treatment center to anyone with an addiction. Thank you, Santé Center for Healing for all of the help that you provided my daughter!"

Janie F.L.

to get timely professional help, share with a strong support system, and intentionally identify and develop healthy coping skills. Admittedly these things can be difficult to achieve when carrying the weight of trauma; professional guidance is advisable.

How Prevalent is the Experience of Trauma?

The National Center for PTSD reports that 60% of men and 50% of women experience at least one trauma in their lifetime.

The National Child Traumatic Stress Network found that one in four children and adolescents in the United States experiences at least one potentially traumatic event before the age of 16.

Inpatient substance abuse centers report that up to 50% of their clients also meet criteria for PTSD, according to the American Psychological Association.

More than 8 million Americans between the age of 18 and older have PTSD (Anxiety and Depression Association of America).





What Does Treatment for Trauma Look Like?

Santé Center for Healing treats unresolved trauma in conjunction with other issues an individual may be facing, including substance abuse, problematic sexual behaviors and co-occurring disordered eating. An initial assessment by Santé's clinical staff can help determine the best course of action and healing for an individual.

Effective treatment of symptoms related to trauma include cognitive-behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), as well as medication where necessary. The goals of trauma therapy include creating safety, processing thoughts and feelings, and building coping skills.

You may be feeling uncertain about what you need and what the best next steps are for your healing journey. We're here to help. To increase the likelihood of long-term recovery, Santé's clinical team uses an integrated model where substance abuse recovery and trauma resolution components are working

simultaneously, resulting in mindfulness, distress tolerance, reduced shame, emotional regulation, and interpersonal effectiveness. Treatment includes a variety of clinical tools like individual therapy, group therapy, neurofeedback, EMDR, experiential therapy, equine therapy, expressive arts, physical fitness, and more! We're also specially equipped to provide trauma informed care for our patients who are suffering from the effects of trauma.

One of Santé's high caliber primary therapists Shelley Evans, M.Ed., LPC, EMDR Certified had this to say:

"Every day I experience how our clients' trauma history and hurtful core beliefs about themselves drives their addiction and creates additional trauma in their lives. Addressing only the addiction is like mowing down the weeds in one's yard—they keep popping back up because the root was never dealt with. Trauma survivors can heal when given the opportunity to share their stories, experience support, process their trauma and learn the healthy coping and social skills needed to live a satisfying life in recovery. When one no longer needs to mask pain with addictions, true recovery can be lived one day at a time for a lifetime!"

**Shelley Evans, M.Ed.,
LPC, EMDR Certified**

What are the Benefits of Seeking Treatment for Trauma?

Trauma therapy addresses the feelings, emotions, and memories tied to traumatic events. Treatment serves to help individuals improve coping skills, build trust, challenge beliefs and narratives around the traumatic event, and offer support and validation of one's experiences.

Considering treatment is one of the bravest, most courageous, but also overwhelming decisions you can make. Seeking treatment in a safe and supportive environment can provide the protected space needed to learn to cope with thoughts, feelings, and any co-occurring issues that may undermine your ability to remain in long-term recovery.



What Does Long-Term Recovery from Trauma Look Like?

At Santé Center for Healing, trauma resolution and support is a long-game. We want you to have a plan that's uniquely crafted to your needs after treatment. Recovery from the effects of trauma takes time - incremental change, day by day.

Your clinical team may recommend ongoing support post-treatment that may include group therapy, individual therapy, and/or peer support meetings. Additionally, to help you stay on track, upon discharge from Santé alumni are automatically enrolled in Santé's "Open Road" program where you'll have access to support, activities, and more to help you along your path.

Next Steps Needed?

If you think you need help, we're here to support you. You can reach us anytime at (800) 258-4250 or by visiting our website at <https://www.santecenter.com/>.

"If you are an addict/alcoholic, this is where you need to come. I've had been to ten treatments centers all over the United States. When I left Santé, for the first time believed I could stay Sober because I felt as though I have been healed. What makes them the BEST is that they treat all parts of addiction. They offer EMDR- look it up if you aren't familiar, but basically what it does is it takes your trauma events and re-processes it in your brain to no longer affect you emotionally anymore. It has to do with trauma- each time I went (1 or 2 days a week) we went down from the top of all of mine. We started with the worst first and then continue down the list. They also have family therapy which includes either your wife/husband or you can do it with you parents, the choice is yours to pick. Since my mom and I did that our relationship is amazing, by far better than any other time in my life. They also have a gym that is open daily along with yoga classes and intense aerobics, not to mention they have a huge amount of land we are able to run on. There is an indoor pool which was very nice. I honestly could go on and on but I encourage anyone that needs help to come here if you get the opportunity. Thank you, Santé! I have remained clean since I left, it's almost been a year and my life is beautiful today!"

Santé Alumni

