

# Trauma: *From Tragedy to Trust*



Presenter: Brent R. Coyle, M.D.

***This extensive track offers insights and strategies for overcoming life-altering trauma and restoring trust in ourselves and the world around us.***

Trauma is tragic. When we have been traumatized, the world that we knew and trusted has so changed that it can seem unmanageable and unrecognizable. This extensive track offers insights and strategies for overcoming life-altering trauma and restoring trust in ourselves and the world around us. Dr. Coyle compresses current understanding about trauma and its mastery into an understandable bio-psycho-social model. This track includes elements of the *Loss, Anger, Victimization* (contained in *Self-Esteem and Goal Setting*) and *Pain* modules.

**Number of sessions:** 19

**Organization** (followed by video time):

- Introduction (6 minutes)
- 1. Trauma 1 (5 minutes)
- 2. Trauma 2/ Anger 1 (16 minutes)
- 3. Anger 2 (10 minutes)
- 4. Anger 3 (14 minutes)
- 5. Trauma 3/Victimization 1 (15 minutes)
- 6. Victimization 2 (16 minutes)
- 7. Trauma 4/Guilt and Shame 1 (17 minutes)
- 8. Guilt and Shame 2 (13 minutes)
- 9. Guilt and Shame 3 (16 minutes)
- 10. Guilt and Shame 4 (13 minutes)
- 11. Trauma 5/Loss 1 (11 minutes)
- 12. Loss 2 (14 minutes)
- 13. Trauma 6 (15 minutes)
- 14. Trauma 7/Pain 1 (15 minutes)
- 15. Pain 2 (7 minutes)
- 16. Pain 3 (29 minutes)
- 17. Trauma 8/Assertiveness 1 (17 minutes)
- 18. Assertiveness 2 (16 minutes)
- 19. Trauma 9 (1 minute)

**Optionally Spiritually Inclusive (OSI):** Yes

**Journal:** 73 pages. An accompanying journal/handout is available to assist in learning the presented materials. A Printed “hard copy” version is available for purchase as a separate item (\$9.00 +shipping; to order, go to [www.CreateSpace.com/3344526](http://www.CreateSpace.com/3344526) and order the *Trauma Journal*). Or, a free downloadable (PDF) version is available at [MyTherapySession.com](http://MyTherapySession.com).

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