

Sebastiano Ricci (1659-1734) and Marco Ricci (1676-1730), *The Building of a Classical Temple in a Landscape*.
136.6 x 178.8 cm, oil on canvas. Christ Church, University of Oxford.



SEPTEMBER 2022

CHILDREN OF THE IMMACULATE HEART

This month, Irene Van Oosbree, who has a background in psychology and extensive experience with both our programs, gives an outline of CIH's approach to *trauma treatment*.




Trauma, whether physical or psychological, indicates grave damage that requires concentrated effort to heal. Psychological trauma, while presenting differently, can be understood similarly to bodily trauma. They both can have major effects on day-to-day life, be notoriously difficult to treat, and have long-lasting physical effects on the sufferer. Since trauma often affects multiple systems of the body, it demands a multivalent approach to recovery, whether mental or physical.

The healing of mental trauma can be approached from a physiological or psychological point of view, with an integrated view encompassing both.

In the physiological realm, there are treatments centered on brain functioning, with medication being the most well-known and common option. Medications used in treating trauma can include antidepressants, anxiolytics, mood stabilizers, and even sedatives or anti-insomnia drugs. The goal of such medications is to regulate or stabilize hormone and neurotransmitter levels in the body in order to restore physical and emotional well-being. Similarly, bio-feedback focuses on awareness of one's emotions and bodily reactivity in order to control mood and stress, and thereby one's state of mind.

A lesser-known physiological treatment is neuro-feedback, an emerging method that involves observing brain waves and subsequently training the brain to attain an improved wave pattern, thus changing the maladaptive "wiring" caused by trauma. CIH recently partnered with Candice of Beautiful Mind Clinic, who are conducting cutting-edge research and treatment in this field.



**You can watch
Emmanuel's recent
interview with Candice
on neuro-feedback.
Just go to our website
or our YouTube!**

We are excited to see how our clients will grow with Candice's help!

Psychologically, the most prominent treatment method is therapy. However, the term "therapy" includes a broad range of treatment systems. Types of therapy include cognitive behavioral (CBT), humanistic, family systems, equine, music, dialectical behavior, psychoanalytic, and eye movement desensitization and reprocessing, to name only a few. Certain methods, such as CBT, focus on identifying and correcting cognitive problems, while others, such as humanistic, equine, and music, focus on healing through personal growth and self-expression. Since everyone is unique and affected by trauma differently, it is essential to not only find an effective therapeutic approach (or perhaps a combination), but a therapist accomplished in said approach.

An integrated view unites both physiological and psychological approaches, as well as lifestyle improvements like healthy diet, regular exercise, and reduced stress. By undergoing complementary and concurrent treatments, the quality of treatment and likelihood of meaningful recovery increases. This is why CIH insists upon helping our clients heal in all areas of life as part of our five-branch approach: Physical, Financial, Mental/ Emotional, Educational, and Spiritual health. Healing trauma by building up our clients in these ways is central to CIH's mission, and we hope to continually search for better ways to help them overcome the trauma that they have suffered.



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to help survivors
heal from their trauma!

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