

Trauma Therapist...

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MS LMHC

Tina is a licensed mental health therapist with training in several methods that can help clients heal from trauma. These include Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), Play Therapy, etc. She also has training specifically in trauma and it's effects on the brain and body.



These services are offered to any client who is a victim of crime. Schedule an appointment with an advocate to begin the process.

Please note that there are times there is a waitlist. Please discuss with your advocate your options during this time.

Ages served: 4 years old and up.
However, with young children the therapist may determine it is more appropriate and useful to work with the parent(s)/caregiver(s)

Family Crisis Network

Trauma Counseling

"Although the world is full of suffering, it is also full of the overcoming of it." - Helen Keller

"The place of true healing is a fierce place. It's a giant place. It's a place of monstrous beauty and endless dark and glimmering light. And you have to work really, really, really hard to get there, but you can do it." - Cheryl Strayed

What is trauma?

“**Trauma** is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea.”

-American Psychological Association

What is stress?

“Stress is our psychological and physiological reaction to an event or condition that is considered a threat or challenge.”

Shonna Waters, PhD

What are common effects of trauma and stress

Trauma and stress reactions are often the same or at least similar. The following is a few of the common reactions a person may experience:

- Increased feelings of anxiousness and/or nervousness
- Feeling jumpy or easily startled
- Significant changes in negative moods like sadness, anger, irritability etc
- Avoiding thoughts, feelings and/or reminders of trauma or stressful events
- Difficulty concentrating
- Difficulty remembering important tasks
- Difficulty completing tasks
- Difficulty managing behavior
- Difficulty getting to appointments on time.
- Physical/body reactions such as headaches, nausea, digestive issues, insomnia, aches/pains

What can you do if you are struggling with trauma and/or stress reactions?

- Access healthy relationships
- Build grounding skills
- Build and access healthy coping skills
- Medication may be an option for some
- Access professional assistance
 - Doctor
 - Pastor
 - Psychologist / Therapist

What is counseling/therapy?

At Family Crisis Network we offer trauma therapy for those needing some help to process and heal from trauma.

Through a variety of methods, our therapist will collaborate with each client to determine his/her needs and goals. Our therapist will teach each person a variety of coping skills and provide education that will assist in the healing process. Some possible methods can include: EMDR, CBT, Play Therapy, Art Therapy and more.