

Turn Your Trauma into Treasure

It Starts With Me

When I talk about turning your trauma into a treasure, it starts with you recognizing your own strengths and limitations. You may not realize how your life could have been impacted by previous generational stressors and by historical trauma situations such as slavery.

Studies show how generational trauma changes genetic expressions that are passed down through generations. Without interventions or education, cycles such as child abuse, trauma, or even poverty can be repeated in your family.

Stop the cycle. Start learning how to grow and develop a new way of living so you can pass treasure to your children instead of trauma.

Source: van der Kolk, B. A. (1995). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Viking. Publications, Inc.

- S**tart the healing process.
- T**urn to your support system.
- O**mit unhelpful and destructive behaviors.
- P**ut academic knowledge into action.



This **STOP** technique has been effective in my individual and group therapy sessions. You can learn more about the **STOP** strategy in my bestselling e-book, "No! A Guide To Stop Generational Abuse and Trauma". The book is also available in paperback.

You can turn your trauma into treasure by learning how to develop coping techniques. Then, put these coping techniques into action. This will help you heal and grow from your past trauma.



LEARN MORE ABOUT MINDFULNESS & RELAXATION. SCAN THE BAR CODE TO REACH DR. SHARESE MARTIN, LPC, PH.D.





No Magic Pill Healing is a Process



Do you recognize harmful patterns within your family? If so, be encouraged. You have the power to reverse those destructive cycles and to have a positive impact on your children and their children.

How can this be done? It starts with increasing awareness of who you are and your family history. Consider the strengths and limitations of your lineage.

Then, commit to a re-education process to learn helpful strategies and techniques in order to reverse any unhelpful generational cycles.

Are you ready to start your healing process? Contact Healing Rivers Counseling, LLC. We are here to start you on this journey.



Support Groups

Is Your Pain Unbearable?

Need support for suicidal thoughts or self-injury behaviors? In our Wednesday and Saturday groups, like-minded people unite and learn effective coping techniques to navigate life's challenges.

Contact us now.

Trauma: The Secret Enemy

Did you know that trauma can have life-long effects, even if the traumatic experience happened in your childhood? Help is here.

On Wednesdays and Saturdays, we encourage and support people who feel traumatized and isolated.

Do you think no one understands? You are not alone. Let's heal and grow together. With peer support, you may be encouraged to progress in your life journey equipped with beneficial resources and tools.

Why wait?

Call or email to register for our **Wednesday or Saturday support groups.**

What is a genogram?

Therapists use genograms to assist clients in identifying and visualizing the multi-generational dynamics of families. When creating a genogram, you use symbols, such as squares and circles, to illustrate your family history. This may include family patterns, such as divorce, single-parenting, addiction, alcohol abuse, domestic violence, child abuse, and poverty.

Next, the therapist guides your exploration. You may recognize dysfunctional behaviors and trends throughout your family history. Why does history repeat?

Epigenetics, a phenomenon of genetic expression passed from one generation to another, can affect your family cycles. For example, epigenetics may lead to a predisposition to addiction, depression, and anxiety.

In addition, genetic expressions may change your stress response system. However, I have good news! With the help of a therapist, you can re-educate yourself and learn a new way of thinking and processing information, despite any dysfunctional family patterns. Use the bar code below to learn more about how we can help.

How do I know that you can heal from pain and trauma? Because I did. My education is my tool. My life is my evidence. My practice is my passion. Let me help you.

"Your Hidden Power Is In Your Words" Find out more. Scan Me!

Dr. Sharese Martin, PhD, LPC



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