



TRAUMA
RESOURCES,
EDUCATION &
EMPOWERMENT

www.healingtreenonprofit.org

*Transforming how society
responds to abuse and
interpersonal trauma*




OUR STORY

Healing TREE was founded by Marissa Ghavami, Debbie Ghavami and Bruce Hardy, PhD. It was established in direct response to a vast need that Marissa and her cofounders saw during her own healing journey from abuse and trauma.

With proper support, Marissa was able to make a full recovery from Complex Post-Traumatic Stress Disorder (C-PTSD) and Psychogenic Non-Epileptic Seizures (PNES). Along the way, she discovered that a misunderstanding of abuse and trauma, in all of their forms, was common among the public and professionals alike, preventing countless others from getting the help they need.

Healing TREE was created in order to pave the way for real change on this issue that is incredibly harmful to society as a whole, with the belief that every person deserves to live a life free of trauma and its devastating effects, whether or not they have the resources and support readily available to them.



“Thank you,
Healing TREE,
you have truly
saved my life.”

THE BASICS

In its most basic definition, trauma occurs when one's capacity to cope is overwhelmed. It can happen from one large event or several small events. Trauma is subjective, and it's safe to say that trauma is a fact of life for almost all of us. While we focus on healing interpersonal trauma, such as abuse (in all of its forms and contexts), the methods we promote can also help people who have survived war, accidents and natural disasters.

Trauma literally rewires the brain and so it often leaves us with mental or physical illnesses, addiction(s), behavioral or relational problems, which can worsen and be passed on if left untreated. The trauma, mental health and medical fields are not integrated and therefore trauma is commonly overlooked as the root

cause of many of the toughest problems our society faces. However, the Adverse Childhood Experiences (ACE) Study shows us that trauma is nothing less than a public health crisis.

The good news is that there is hope.

Because of neuroplasticity, or the brain's ability to reorganize itself, we know that with proper treatment, healing is possible. Trauma-focused treatment that engages the survival part of the brain – where the “fight or flight” response takes place – allows for the processing of trauma as opposed to the more common “talk therapy,” which most mental health professionals are trained in and often results in obtaining coping strategies rather than real healing.

OUR PROGRAMS

Healing TREE (Trauma Resources, Education & Empowerment) connects those who have suffered trauma with **resources** necessary for healing rather than coping, provides **education** to professionals across fields and the public at large that promotes awareness, effective intervention and cutting edge treatment and offers **empowerment** through producing arts projects that encourage a healing movement.

Resources

- Approved Care Network: Vetted, trauma-focused and trained Mental Health Professionals, Supplemental Care Providers (Trauma-sensitive Yoga Instructors, Art Therapists, etc.) and Treatment Facilities, nationally
- Recommended Articles, Books & Videos

More than **1 in 3** women and more than **1 in 4** men in the U.S. have experienced rape, physical violence and/or stalking by an intimate partner.¹

60% of American adults report experiencing abuse or other difficult family circumstances during childhood.²

Education

- Continuing Education Units (CEUs)
- Educational Videos
- Speaking Engagements
- Talk Backs
- Workshops
- Red Flags, Statistics & Terms To Know

Empowerment

- Public Service Announcements (PSAs)
- Short Films

To learn more about our programs and view testimonials and results, please visit our website at:

www.healingtreeonprofit.org

¹http://www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf
²<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>

HEALING TREE

IS DEDICATED TO TRANSFORMING
HOW SOCIETY RESPONDS TO ABUSE
AND INTERPERSONAL TRAUMA.

“The relevant question in psychiatry shouldn't be what's wrong with you, but what's *happened* to you?”

Eleanor Longden, Research Psychologist

“Please keep sharing this with people. This is a great way to make a change.”

*College Speaking Engagement
on Red Flags of Abuse and
Trauma, Feedback*

IF YOU
BELIEVE IN OUR MISSION
AND WOULD LIKE TO
LEARN MORE ABOUT WAYS
TO **GET INVOLVED**,
PLEASE CONTACT US.

SUPPORT

Your support helps us establish and maintain the programs that are at the core of our mission.

Healing TREE is a 501(c)(3) nonprofit organization making your donation entirely tax-deductible. You may donate online via our secure website at healingtreenonprofit.org/donate or by mailing a check made out to Healing TREE.

CONNECT

For speaking engagement, programming, event, partnership, sponsorship, volunteer or media inquiries, please contact us.

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