

## *This is my Trauma Survival Guide*

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### *Abstract*

People suffering from trauma have symptoms instead of memories and can persist up to thirty years or more. Women are also twice likely to develop trauma disorders than men. Trauma can cause many psychological reactions like anxiety, depression, somatic reactions, and worse posttraumatic stress disorder (PTSD). According to Dr. David Grand, trauma is not only in the brain but it is also registered in the body, it is the reason why the symptoms, triggers, and intrusive thoughts won't go away even as time goes by.

We can choose how to live our lives, and we can be whoever we wanted to be. There is no shame in seeking mental help, and you are no less than a person when you ask for help. Everyone does get hurt, and everyone has issues needed to be addressed. The impact of trauma can be daunting and even debilitating. It can break relationships, damage a person, and even end up committing suicide. If we are all aware of what is happening to us from the inside; the hurt that we inflict in others, the pain that wasn't addressed, and the constant negativities in our minds, if we properly address these, we can stop the cycle of pain. We can have better future, better lives, and better generation.

and adult trauma. She has 15 years of corporate experience specifically in Industrial/ Organizational Psychology.

[4th International Conference on Addiction Therapy;](#)  
Webinar- November 27, 2020.

### Abstract Citation:

Charlene R. Lucas, This is my Trauma Survival Guide, Addiction Therapy Meet 2020, 4th International Conference on Addiction Therapy; Webinar- November 27, 2020.

<https://addictiontherapy.conferenceseries.com/>



### *Biography:*

Charlene R. Lucas, RPsy has completed her Master's Degree in Psychology year 2017 from Pamantasan ng Lungsod ng Maynila (University of the City of Manila), and attained her license as a Psychologist year 2019 from Professional Regulation Commission, Philippines. She is currently a Partner Professional Consultant (Psychologist) in two organizations MindWell Wellbeing and Psychological Services, and Doktoyou.com, as well as having her own private practice as a Registered Psychologist focusing on work related stress/ issues