



**Wisdom Born from Experience:**  
**A Trauma-Informed Framework for Healing & Growth**

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# Executive Summary

## Purpose and Scope

This white paper examines the critical importance of trauma-informed approaches in fostering healing and resilience across communities. Through personal narrative, research-based insights, and practical applications, it demonstrates how understanding trauma as a universal human experience - rather than a personal failing - can transform our approach to supporting individuals and families in their healing journey.

## Key Findings

### **Trauma is Pervasive and Transformative**

- Nearly half of all children in the United States experience at least one adverse childhood experience that can lead to traumatic stress
- More than 22% of children experience two or more traumatic events during childhood
- Trauma fundamentally alters how individuals perceive safety, trust, and relationships throughout their lives

### **Creative Expression Accelerates Healing**

- Abstract art and creative modalities provide pathways for processing experiences that traditional verbal therapy cannot always reach
- Research demonstrates that creative arts therapies significantly reduce PTSD symptoms and improve emotional regulation
- The non-judgmental nature of artistic expression creates safe spaces for exploring complex emotions and memories

### **Trauma-Informed Frameworks Drive Systemic Change**

- Six core principles - safety, trust, empowerment, collaboration, cultural responsiveness, and trauma awareness - form the foundation for effective trauma-informed practice
- Organizations implementing these principles see measurable improvements in outcomes, engagement, and overall climate
- The framework extends beyond clinical settings to schools, workplaces, healthcare systems, and entire communities

## Analysis and Methodology

The white paper integrates personal experience with evidence-based research, drawing from national surveys, clinical studies, and case examples. The analysis centers on the Resilient Pathways program and its incorporation into the Wisdom Born Designs: Abstract in Color

Integrated Arts Education Program as practical applications of trauma-informed principles, demonstrating how creative expression can be systematically integrated into healing frameworks.

The methodology emphasizes the interconnected nature of individual and community healing, showing how trauma-informed approaches create ripple effects that benefit entire systems rather than isolated individuals.

## Implications and Impact

**For Families:** Families represent our first communities, shaping how individuals navigate relationships throughout life. Trauma-informed family approaches can break cycles of intergenerational trauma while building resilience across generations.

**For Organizations:** Educational institutions, healthcare systems, and workplaces that adopt trauma-informed principles see improved outcomes, reduced turnover, and enhanced productivity as safety and trust become foundational values.

**For Communities:** Community-wide implementation creates environments where healing becomes a shared responsibility, leading to reduced crime, improved health outcomes, and increased social cohesion.

## Anticipated Outcomes

Implementing trauma-informed frameworks is expected to drive meaningful positive change across multiple levels:

- **Individual Transformation:** Participants experience healthier coping skills, greater emotional resilience, and personal growth as they process and integrate their experiences.
- **Organizational Benefits:** Schools, workplaces, and healthcare settings that embrace trauma-informed practices often report reduced staff turnover, improved staff morale, and higher engagement among both employees and service recipients.
- **Community Well-being:** Broader adoption fosters safer, more inclusive communities with stronger social bonds, higher levels of trust, and measurable improvements in well-being and quality of life.
- **Breaking Cycles of Trauma:** By addressing trauma proactively, these approaches help disrupt patterns of adversity that might otherwise continue across generations.

## Recommendations

1. **Adopt Trauma-Informed Principles:** Organizations should implement the six core principles systematically, beginning with staff training and policy review.
2. **Integrate Creative Expression:** Incorporate artistic and creative modalities into existing programs to enhance traditional approaches and reach individuals who may not respond to conventional methods.

3. **Build Community Partnerships:** Develop collaborative networks that address trauma across multiple sectors, recognizing that healing happens within relationships and communities.
4. **Measure and Evaluate:** Implement assessment tools that capture not just outcomes but the quality of relationships and experiences within programs.
5. **Invest in Professional Development:** Provide ongoing training and support for staff to develop trauma-informed skills and maintain their own well-being.

## Call to Action

The transformation toward a trauma-informed world requires collective commitment and action. This white paper serves as both a roadmap and an invitation to reimagine how we support healing and growth in our families, organizations, and communities. By embracing these principles and practices, we can create environments where everyone has the opportunity to heal, contribute, and thrive.

The evidence is clear: trauma-informed approaches work. The question is not whether we should implement them, but how quickly we can begin the transformation that will benefit generations to come.

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# Introduction

Trauma touches every corner of our society, affecting millions of individuals across all demographics, ages, and communities. Whether stemming from childhood adversity, systemic inequities, natural disasters, or personal crises, traumatic experiences leave lasting imprints on our mental, emotional, and physical well-being. Yet despite its prevalence, trauma often remains misunderstood, stigmatized, and inadequately addressed in our educational systems, workplaces, and communities.

As a certified trauma-informed coach, I have witnessed firsthand the profound impact that unresolved trauma can have on an individual's ability to thrive. More importantly, I have lived it. My own journey through trauma has been both my greatest challenge and most profound teacher, shaping not only my personal healing process but also my professional calling. These experiences have deepened my understanding of resilience, informed my approach to coaching, and ultimately inspired the creation of innovative programs designed to support others on their healing journeys.

This white paper explores the critical importance of trauma-informed approaches in education and coaching, sharing the personal and professional insights that led to the development of Resilient Pathways - a transformative program integrated within the Wisdom Born Designs: Abstract in Color Integrated Arts Education Program. Through examining the intersection of trauma-informed practices and arts-based healing, we will discover how creative expression can serve as a powerful catalyst for resilience, growth, and lasting transformation. My hope is that this exploration will not only illuminate the path from trauma to healing but also inspire others to embrace trauma-informed frameworks in their own work and communities.

# Understanding Trauma

Trauma is far more than a single distressing event - it represents a complex psychological and physiological response to experiences that overwhelm an individual's ability to cope. The Substance Abuse and Mental Health Services Administration (SAMHSA) defines trauma as resulting from events that are experienced as physically or emotionally harmful or life-threatening, with lasting effects on functioning and mental, physical, social, emotional, or spiritual well-being.

## Types of Trauma

Understanding trauma requires recognizing its various forms and how they manifest differently in people's lives:

**Acute Trauma** stems from a single incident, such as an accident, natural disaster, or violent crime. While contained to one event, its impact can ripple through a person's life for years if left unaddressed.

**Chronic Trauma** results from repeated and prolonged exposure to highly stressful events, such as domestic violence, child abuse, or long-term illness. This type of trauma can fundamentally alter how individuals view themselves and the world around them.

**Complex Trauma** occurs when someone experiences multiple traumatic events, often of an invasive, interpersonal nature. This typically happens during critical developmental periods and can significantly impact a person's ability to form healthy relationships and regulate emotions.

**Historical and Intergenerational Trauma** affects entire communities and can be passed down through generations, impacting families and cultural groups long after the original traumatic events occurred.

**Vicarious Trauma** is experienced indirectly by those exposed to the trauma of others, such as caregivers, therapists, teachers, first responders, or social workers. It can lead to emotional exhaustion, compassion fatigue, and the need for self-care and professional support. Recognizing vicarious trauma is essential for creating trauma-informed workplaces and preventing burnout among those who regularly support survivors.

**Developmental Trauma** arises from adversity or neglect during critical periods of early childhood development. Experiences such as disrupted attachment, persistent abuse, or unmet emotional needs can have long-lasting effects on brain development, self-regulation, and the ability to build healthy relationships. Trauma-informed care in educational and family settings is vital for supporting healing and growth in those affected.



**Medical Trauma** results from distressing medical procedures, chronic illness, or life-threatening diagnoses. Repeated hospitalizations, invasive interventions, or negative treatment experiences can cause anxiety, fear of healthcare environments, and ongoing psychological distress. Trauma-informed approaches in medical settings prioritize patient safety, choice, and emotional well-being.

**Systemic and Institutional Trauma** comes from oppression, discrimination, or harmful practices embedded within societal systems, such as racism, sexism, ableism, or injustice in the legal or healthcare systems. These experiences often lead to feelings of powerlessness, mistrust, and collective suffering. Addressing systemic trauma requires a commitment to equity and justice in trauma-informed practice.

**Collective Trauma** is experienced by a group, community, or society as a result of shared adverse events, such as natural disasters, war, pandemic, or terrorism. This type of trauma can affect community identity, cohesion, and resilience. Trauma-informed responses at the community and policy level help foster collective healing and support long-term recovery.

**Secondary Trauma** affects individuals close to trauma survivors—family members, friends, or colleagues—who may struggle with emotional distress, anxiety, or feelings of helplessness as they support loved ones through their healing journey. Trauma-informed systems must recognize and support the needs of these secondary survivors.

**Cultural Trauma** results from the impact of historical oppression, colonization, forced assimilation, or cultural erasure on a specific cultural group. The loss of identity, language, and tradition can cause collective grief and intergenerational trauma. Trauma-informed frameworks should incorporate cultural humility and respect for the unique experiences of diverse communities.

**Workplace Trauma** arises from toxic environments, chronic stress, harassment, or exposure to traumatic events in professional settings. This can lead to burnout, anxiety, and difficulties in maintaining employment or workplace relationships. Trauma-informed organizations prioritize psychological safety and support employee well-being.

**Environmental Trauma** is caused by environmental factors such as climate change, natural disasters, or displacement due to environmental crises. Individuals and communities may experience eco-anxiety, grief, and a sense of instability. Understanding the psychological impact of environmental trauma can inform community resilience strategies.

**Identity-Based Trauma** is rooted in attacks on aspects of one's identity, including experiences of homophobia, transphobia, religious persecution, or other forms of bias-based harassment or violence. Individuals may experience shame, isolation, and fear, and

trauma-informed approaches benefit from being inclusive and sensitive to identity-based challenges.

## Gang Stalking and Community Harassment

**Gang stalking** and **community harassment** describe patterns of organized, persistent targeting of an individual by a group, often involving surveillance, intimidation, or coordinated psychological tactics designed to isolate and distress the victim. While experiences vary, individuals report a range of hostile behaviors - spreading rumors, monitoring movements, direct confrontations, or subtle forms of exclusion within neighborhoods, workplaces, or social circles.

The psychological and emotional impact of these experiences can be profound. Victims may develop heightened anxiety, chronic stress, hypervigilance, depression, and feelings of helplessness or paranoia. The ongoing, often covert nature of this harassment not only erodes personal sense of safety and trust in others but can also lead to social isolation and breakdowns in relationships with family, friends, and the broader community.

Gang stalking and community harassment fit within the framework of **chronic** and **complex trauma**: the harm is not the result of a single event, but of a sustained campaign that undermines mental, emotional, and sometimes physical well-being over extended periods. When the harassment is perpetrated by people or systems that the individual once trusted, the effects may echo those of complex trauma, often disrupting the victim's ability to form new relationships or engage safely with community life. Recognizing these forms of collective and interpersonal mistreatment as traumatic is a vital step toward supporting survivors and creating trauma-informed solutions.

## The Multifaceted Effects of Trauma

Trauma's impact extends far beyond the initial experience, affecting every aspect of human functioning:

**Mental and Emotional Effects** include anxiety, depression, post-traumatic stress disorder, difficulty concentrating, emotional dysregulation, and intrusive memories. Individuals may experience hypervigilance, feeling constantly on guard against potential threats, or conversely, emotional numbing as a protective mechanism.

**Physical Manifestations** can include chronic pain, sleep disturbances, headaches, digestive issues, and compromised immune function. The body literally holds trauma, creating physical symptoms that may persist long after the psychological wounds begin to heal.

**Social and Relational Impacts** often involve difficulty trusting others, challenges with intimacy, social withdrawal, or alternatively, engaging in risky relationships. Trauma can disrupt our fundamental sense of safety in connection with others.

**Cognitive Effects** may include memory problems, difficulty making decisions, negative self-talk, and distorted thinking patterns about oneself, others, and the future.

## The Critical Need for Trauma-Informed Approaches

Traditional approaches to education, coaching, and community support often inadvertently retraumatize individuals by failing to recognize the prevalence and impact of trauma. A trauma-informed approach fundamentally shifts this paradigm by asking not "What's wrong with you?" but rather "What happened to you?"

**In Educational Settings**, trauma-informed practices create safe, predictable environments where students can learn and grow. These approaches recognize that behavioral challenges often stem from trauma responses rather than defiance, leading to more effective and compassionate interventions.

**In Coaching and Therapeutic Contexts**, trauma-informed frameworks ensure that practitioners understand how trauma affects the entire person—their thoughts, emotions, behaviors, and relationships. This knowledge allows for more effective, sensitive support that promotes healing rather than inadvertently causing harm.

**In Community Work**, trauma-informed approaches acknowledge the collective impact of trauma on neighborhoods and populations, leading to more effective programming and policy development that addresses root causes rather than just symptoms.

Research consistently demonstrates that communities and organizations implementing trauma-informed practices see improved outcomes across multiple domains: better academic performance, reduced behavioral problems, improved employee satisfaction, and stronger community resilience.

The integration of trauma-informed principles isn't just best practice—it's essential for creating environments where healing, growth, and transformation can occur. When we understand trauma's profound impact and respond with knowledge, empathy, and appropriate support, we create pathways for individuals and communities to move from surviving to thriving.

## My Personal Journey with Trauma

Sharing my personal journey is not easy, but I believe that honesty and vulnerability lay the foundation for genuine connection. As I begin my career as a trauma-informed coach, I want to be transparent: my program is new, my coaching practice is just getting started, and much of this paper represents my aspirations and hopes for the future. My greatest wish is that my lived experiences and healing journey will resonate with those who seek support from someone who has walked a similar path.

## The Early Years: Seeds of Understanding

I grew up in what many would describe as a toxic environment, learning early on to survive by being hypervigilant, people-pleasing, and suppressing my own emotions. My childhood home was unpredictable—I learned to scan rooms for danger, anticipate others' needs, and shrink myself to avoid conflict. At the time, I didn't realize I was experiencing developmental trauma - wounds that altered not just my memories, but my very sense of self.

These early challenges heavily influenced how I related to others in my teens and adulthood. I found myself drawn to unhealthy relationships, often repeating familiar cycles with narcissistic partners who would first value me intensely, only to eventually discard me. Each time, it reinforced painful beliefs about my own worth and made it harder to trust and connect with others in a healthy way.

At just fourteen, I was separated from my family. Since then, I have had to make my way on my own, without the guidance or safety net that many others have. I've achieved things I'm deeply proud of, both academically and professionally, but underneath every milestone was an ongoing struggle to build real stability and a sense of belonging. The ache for safety and connection never fully faded; instead, my life became a constant process of surviving, adapting, and searching for solid ground.

For years, I believed my struggles were personal flaws, not natural responses to an environment that did not nurture or protect me. Shame and self-criticism became my inner soundtrack, fed by the common misconception that I should just be able to "get over it."

## Awakening: From Pain to Hope

The change for me has not been a single epiphany, but a slow recognition that my pain could be a source of wisdom and empathy—not just something to overcome or hide. I began to see my own hyperawareness as a gift for attunement to others' emotions, my struggles with trust as a path to deeper understanding, and my need for connection as the beginning of my calling to help others like me.

I realized that what I most needed—safety, trustworthiness, partnership, empowerment—were universal needs. My lived experience could be the very thing that would allow me to support and guide others moving through their own trauma.

## Stepping into Trauma-Informed Coaching

I am at the beginning of my coaching journey. My training is ongoing, and my new program, still in its initial stages, is anchored in both research and my personal healing work. My hope is that, by sharing where I come from and what I've learned, I can attract and support clients who want guidance from someone who truly understands the messy reality of recovery.

Some of my biggest goals include:

- Creating a space where clients feel safe, respected, and genuinely heard.
- Helping others break free from unhealthy relationship cycles, especially those involving power imbalances or emotional neglect.
- Supporting individuals in building new foundations for themselves, even if, like me, they've had to do it alone.
- Empowering others to recognize their own resilience—especially those who have learned to function and even succeed in the midst of chaos and instability.

## Learning to Thrive within Chaos

My earliest years taught me not just to survive, but to adapt and occasionally thrive, even as the world around me felt uncertain. Out of necessity, I learned how to find calm in the storm, how to analyze situations quickly, and how to spark hope in unlikely places. I want to share these hard-won skills with those who are still living amid uncertainty, showing that stability and growth really are possible, no matter where you start.

## Hopes for the Future

Because my program is new, I am honest about the fact that I am still learning and growing—both personally and professionally. My aspiration is to walk alongside clients as an equal, not as someone who has it all figured out, but as someone who knows how hard the journey can be and who is committed to creating a community grounded in empathy, mutual support, and authentic connection.

I see my trauma as part of the wisdom I carry—experience that fuels my compassion and my hope for others. My dream is that this next chapter, as a trauma-informed coach, will offer connection, support, and real transformation for others who are ready to start (or continue) their own healing journeys.

If you are searching for someone who approaches healing with honesty, humility, and lived experience, I invite you to join me. We may not know exactly how the path will unfold, but together, we can write new chapters defined not by trauma, but by resilience, hope, and growth.

## The Birth of Resilient Pathways

Every journey of healing reveals unmet needs and opportunities for a new way forward. From my own experiences and a deep-seated desire to support others, Resilient Pathways was born. It is more than a program; it is a heartfelt response to the question of how we can transform personal pain into collective healing and growth. This initiative is designed to be a beacon for those navigating the complex aftermath of trauma, offering a structured yet flexible approach to rediscovering inner strength.

## Program Overview and Core Mission

Resilient Pathways is a trauma-informed coaching program dedicated to helping individuals build resilience, foster self-compassion, and reclaim their personal power. The core mission is to provide a safe, supportive space where survivors can explore their experiences, develop healthy coping mechanisms, and create a life defined by their potential, not their past.

The program is built on the belief that everyone possesses an innate capacity for healing. Our goal is to guide participants in accessing that capacity through a blend of coaching, creative expression, and education on trauma's impact. We aim to help individuals move from merely surviving to truly thriving by equipping them with the tools and understanding needed to build a solid foundation for their future.

## Integration with Wisdom Born Designs

Resilient Pathways is a natural extension of Wisdom Born Designs and is intricately woven into its broader framework, the **Abstract in Color Integrated Arts Education Program**. While Wisdom Born Designs uses the arts to foster creativity and self-discovery, Resilient Pathways brings a specific therapeutic focus, applying trauma-informed principles directly to the healing process.

This integration allows for a seamless and holistic experience. Participants in the Abstract in Color program can find deeper, more focused support through Resilient Pathways, using the creative skills they develop as a primary tool for processing trauma and building resilience. The arts become a language for experiences that words alone cannot capture, providing a powerful medium for externalizing emotions, exploring identity, and imagining new possibilities. This synergy ensures that creative expression and trauma recovery are not separate pursuits but are deeply interconnected aspects of a single healing journey.

## Key Features and Benefits

The unique strength of Resilient Pathways lies in its multidimensional approach, which combines several key elements to create a comprehensive support system.

- **Focus on Creative Arts:** The program uniquely leverages painting, writing, and other art forms as therapeutic tools. This allows participants to engage in non-verbal expression, which can be crucial for processing traumatic memories that are often stored in the body and non-verbal parts of the brain. The benefit is a gentle yet profound way to access and release stored emotions.
- **Rooted in Lived Experience:** Resilient Pathways is uniquely guided by the lived experience of its founder, who has personally navigated the complexities of trauma and healing. This foundation brings deep empathy, authenticity, and non-judgment to the program. Lived experience shapes every aspect of the approach—from understanding how trauma shows up in everyday life, to anticipating common challenges on the path to

recovery. It builds trust, as participants know they are working with someone who truly understands their struggles, not just from theory but from genuine, hard-earned insight.

This perspective informs the practical tools and strategies offered: sessions encourage honest self-reflection, gentle exploration of emotions, and meeting individuals where they are, rather than imposing one-size-fits-all solutions. Self-care practices, boundary-setting exercises, and creative projects are all designed with sensitivity to how survivors actually experience progress and setbacks. By openly acknowledging both the difficulties and the hope inherent in healing, the program fosters a safe and supportive environment, empowering participants to reclaim their own agency and story.

- **Trauma-Informed Practices:** Every aspect of Resilient Pathways is grounded in the core principles of trauma-informed care: safety, trust, choice, collaboration, and empowerment. This ensures a healing environment that actively works to prevent re-traumatization and fosters a sense of agency for every participant.
- **Building Resilience Skills:** The curriculum moves beyond just processing the past; it is forward-looking. It provides practical tools for emotional regulation, boundary setting, and developing healthy relationship patterns. The primary benefit is empowering individuals with tangible skills to navigate life's challenges with greater confidence and stability.

By weaving together these distinct elements, Resilient Pathways offers a hopeful and empowering road map for recovery. It stands as a testament to the idea that with the right support and tools, it is possible to cultivate a life rich with meaning, connection, and joy.

## The Importance of Abstract Art

Abstract art is a form of artistic expression that does not attempt to represent external reality in a literal way. Instead, it uses shapes, colors, forms, and gestural marks to create a visual language that is open to interpretation. This style of art encourages personal exploration and allows the artist to communicate emotions, ideas, or experiences that may be difficult—or even impossible—to put into words.

In the context of trauma recovery, abstract art becomes a particularly powerful tool for healing. Trauma often lives in the body and the subconscious, making it challenging to access or process through traditional talk-based methods alone. Abstract art bypasses the need for logical narrative, providing a safe space to express overwhelming feelings, memories, and sensations in a non-threatening way.

Engaging in abstract art can help individuals externalize complex emotions and gain new perspectives on their inner experiences. It invites experimentation, acceptance of imperfection, and freedom from judgment—all of which reinforce feelings of safety and empowerment. For many participants, the process of creating abstract art is more important than the finished product, offering a sense of release, discovery, and connection to the self.

By integrating abstract art into trauma-informed programming, Resilient Pathways honors the truth that healing is not always linear or verbal. Instead, it offers creative avenues for transformation, making space for each individual's unique journey toward wholeness.

## The Healing Power of Arts

Art has long served as a bridge between the conscious and unconscious mind, offering a pathway to healing that transcends the limitations of language. For trauma survivors, creative expression can unlock doors that traditional therapeutic approaches might struggle to open, providing a safe haven for processing experiences that often defy verbal articulation.

### Why Arts? The Science Behind Creative Healing

The connection between creative expression and trauma recovery is both profound and scientifically supported. When we experience trauma, our brains often store memories in fragmented, non-verbal ways that can be difficult to access through traditional talk therapy alone. Creative expression engages multiple neural pathways simultaneously, allowing individuals to process these stored experiences through color, form, movement, and imagination.

Research demonstrates that artistic creation activates the brain's default mode network, the same system involved in self-reflection and emotional processing. This neurological engagement helps individuals bypass the hypervigilant states often associated with trauma, creating a sense of safety that allows for deeper exploration and healing. The act of creating art also stimulates the release of endorphins and dopamine, naturally occurring chemicals that promote feelings of well-being and emotional regulation.

For many trauma survivors, the body holds memories that the mind cannot easily access. Art provides a somatic pathway to these stored experiences, allowing individuals to externalize internal states and examine them from a place of curiosity rather than fear. This process of externalization transforms overwhelming internal experiences into manageable, observable objects that can be explored, understood, and ultimately integrated.

### Abstract in Color: A Unique Approach to Healing

Abstract art holds particular power in the realm of trauma recovery because it mirrors the often fragmented, non-linear nature of traumatic memory itself. Unlike representational art, which requires the mind to organize experiences into recognizable forms, abstract expression allows for the pure communication of emotion, sensation, and energy without the constraints of literal interpretation.

In our Abstract in Color approach, we recognize that healing rarely follows a straight line. Just as abstract art embraces ambiguity, contradiction, and multiple layers of meaning, our therapeutic



framework acknowledges that recovery is a complex, multifaceted process that unfolds differently for each individual.

### **What is Abstract Art?**

Abstract art is a form of expression that uses color, shape, line, and texture to create compositions that don't necessarily represent recognizable objects or scenes from the physical world. Instead, it communicates through pure visual elements, allowing both artist and viewer to experience emotions, concepts, and sensations directly without the mediation of literal representation. This freedom from realistic depiction creates space for the unconscious mind to speak, often revealing truths that might remain hidden in more structured forms of expression.

### **Why Abstract Art is Powerful for Healing**

Abstract art serves as an ideal medium for trauma recovery for several compelling reasons. First, it removes the pressure to create something "correct" or recognizable, eliminating the fear of judgment that can inhibit expression. This freedom allows individuals to focus entirely on their internal experience rather than external expectations.

Second, abstract art naturally accommodates the fragmented nature of traumatic memory. Trauma often disrupts our ability to create coherent narratives about our experiences, leaving us with scattered images, sensations, and emotions. Abstract expression welcomes these fragments, allowing them to coexist on the canvas without demanding they form a logical sequence or clear story.

Third, the process of working abstractly engages intuition and instinct rather than analytical thinking. For trauma survivors who may be hypervigilant or overly analytical as protective mechanisms, this shift into intuitive creation can provide profound relief and access to suppressed emotions.

Finally, abstract art offers infinite possibilities for interpretation and reinterpretation. A single piece can hold multiple meanings, evolving as the creator's understanding of their experience deepens. This flexibility mirrors the healing process itself, which involves continuously revisiting and reframing our understanding of past events.

## **Case Studies: Art as a Pathway to Transformation**

### **A Military Service Member's Journey Through Mask-Making**

One of the most compelling examples of art's healing power comes from a military intensive outpatient program where service members created masks over several weeks as part of their trauma recovery process. Chief Echo, a 47-year-old Navy senior chief with 23 years of service, participated in this progressive mask-making intervention while receiving treatment for PTSD.

Over four weeks, Chief Echo transformed a simple papier-mâché mask into a complex visual narrative of his trauma and recovery. Initially, he focused on the exterior of the mask, painting it with protective metallic colors that he described as "armor." As the weeks progressed, his attention shifted to the interior of the mask, which became a container for symbols representing his most vulnerable experiences and emotions.

The interior space housed miniature objects: cotton balls representing "tranquility and peace," TNT barrels symbolizing his emotional triggers, and steel wool depicting his racing thoughts. He spelled out words like "wait," "feel," "terror," "cruelty," and "hate" using letter beads, externally processing internal states that had long remained trapped within his psyche.

Through his personal journal, which he maintained throughout the process, Chief Echo documented how the mask-making allowed him to bypass avoidant behaviors that had previously stalled his recovery. The creative process gave him language for experiences he had struggled to verbalize, ultimately enabling him to share his story with his spouse and fellow group members in ways he had never been able to before.

Remarkably, while Chief Echo's standardized assessment scores initially showed increased PTSD symptoms as he confronted his trauma, he reported significant improvement in his ability to cope with these symptoms. He successfully returned to full military duty, demonstrating that healing cannot always be measured by symptom reduction alone but must also consider improved resilience and functional capacity.

## Julia's Journey from Anxiety to Empowerment

Julia, a 28-year-old woman struggling with chronic anxiety and self-doubt, discovered the transformative power of art therapy when traditional talk therapy wasn't providing the relief she sought. Her journey illustrates how creative expression can unlock insights that purely verbal approaches might miss.

In her first session, Julia created a chaotic swirl of dark colors—blacks, grays, and navy blues—which she described as a "storm" in her mind. This visual representation of her anxiety allowed her to examine her internal state with newfound objectivity. By externalizing the storm, she could observe it rather than simply endure it.

As her therapy progressed, Julia worked with clay to create a tightly wound spiral, symbolizing her tendency to overthink and get trapped in cycles of self-doubt. The tactile nature of clay work proved grounding, offering sensory relief from her mental turbulence. Through this creative process, she began to understand her anxiety not as a personal failing but as a natural response to environmental stressors.

Julia's breakthrough came when she created a self-portrait showing herself as a small figure standing on a cliff, looking out over a vast sea. Initially representing isolation and uncertainty, Julia's interpretation of the image shifted over time. The vastness of the ocean transformed from

representing emptiness to symbolizing infinite possibility. This shift in perspective marked a crucial turning point in her healing journey.

In her final session, Julia created a vibrant collage representing her ideal self—filled with images of nature, laughter, and symbols of strength. This exercise helped her envision her potential beyond the limitations of anxiety, ultimately teaching her to relate to her emotions with compassion rather than judgment.

## My Personal Journey with Creative Expression

My own relationship with art has been both a lifeline and a teacher throughout my healing journey. As someone who learned early to navigate chaos and unpredictability, I discovered that creative expression offered a unique form of stability - not the rigid kind I had desperately sought in external validation, but a fluid, adaptive stability that could bend without breaking.

During my darkest periods, when words felt inadequate or even threatening, art became my secret language. Through abstract painting, I could explore the contradictions within myself—the strength and vulnerability, the rage and tenderness, the despair and hope that often existed simultaneously. The canvas held space for all of these truths without demanding resolution or coherence.

One particularly powerful piece I created during my recovery featured layers upon layers of paint, each representing a different aspect of my trauma history. As I worked, I found myself literally and metaphorically digging through the layers, sometimes revealing buried colors beneath, sometimes painting over what felt too raw to examine. The process taught me that healing isn't about erasing the past but about integrating all parts of our story into a more complete understanding of who we are.

The abstract nature of my artistic expression proved especially meaningful because trauma itself is often abstract - a collection of sensations, emotions, and fragmented memories that resist linear narrative. Through art, I could honor the complexity of my experience without forcing it into neat categories or timelines.

Perhaps most importantly, creating art taught me to trust my intuition and inner wisdom. For someone whose early environment had taught me to doubt my perceptions and prioritize others' needs over my own, the act of making creative choices based solely on what felt right to me was revolutionary. Each brush stroke became an act of self-advocacy, each color choice a declaration of my right to exist as I truly am.

This personal understanding of art's healing power now informs every aspect of my work with others. I've witnessed countless moments when clients discover truths about themselves through creative expression that had remained hidden despite years of traditional therapy. I've seen individuals reconnect with parts of themselves they thought were lost forever, simply by allowing their hands to move color across paper without conscious direction.

## The Science of Creative Transformation

These case studies illustrate what research consistently demonstrates: art therapy engages healing mechanisms that purely verbal therapies cannot access alone. The creative process activates bilateral brain integration, connecting rational thought with emotional experience, conscious awareness with unconscious wisdom.

When individuals create art, they often enter a state similar to meditation, characterized by reduced activity in the brain's critical, analytical centers and increased activity in areas associated with flow, intuition, and emotional processing. This neurological shift creates optimal conditions for healing by reducing the hypervigilance that often accompanies trauma while promoting the neural integration necessary for recovery.

Furthermore, the physical act of creating art engages the body's sensory systems in ways that can help discharge trapped trauma energy. The movement of drawing or painting, the texture of clay, the mixing of colors—all of these experiences help ground individuals in their bodies while providing safe outlets for emotional expression.

## The Path Forward

As we continue to understand the profound connections between creativity and healing, it becomes clear that artistic expression is not merely a pleasant adjunct to traditional therapy but an essential component of comprehensive trauma care. The examples shared here—from military service members working through combat trauma to young women reclaiming their sense of self—demonstrate that when we provide safe spaces for creative expression, we open doorways to healing that might otherwise remain closed.

The power of art lies not in creating beautiful objects but in the transformative process of creation itself. Through color and form, texture and movement, individuals can reclaim their voices, reconnect with their bodies, and rediscover their capacity for joy and resilience. This is the foundation upon which our Resilient Pathways program is built, and it is the hope we offer to all who join us on this journey of healing and growth.

## A Trauma-Informed Framework for Healing and Growth

Creating environments where healing can flourish requires more than good intentions—it demands a fundamental shift in how we understand and respond to human suffering. A trauma-informed framework provides the foundation for this transformation, offering principles and practices that honor the complexity of trauma while fostering resilience and empowerment.

## Core Principles of Trauma-Informed Practice

At the heart of effective trauma-informed care lie six interconnected principles that guide every interaction, decision, and program design. These principles transform traditional approaches from asking "What's wrong with you?" to "What happened to you?" creating space for healing rather than judgment.

### Safety: The Foundation of All Healing

**Physical Safety** ensures that environments are free from harm and feel welcoming rather than threatening. This includes everything from lighting and seating arrangements to clear policies about confidentiality and boundaries.

**Emotional Safety** creates conditions where individuals feel secure enough to be vulnerable. This means establishing predictable routines, transparent communication, and responses that validate rather than minimize experiences.

**Cultural Safety** recognizes that safety means different things to different people based on their cultural background, identity, and lived experiences. It requires ongoing reflection about power dynamics and systemic inequities that may impact an individual's sense of security.

### Trust and Transparency

Trust develops through consistent, honest interactions where intentions are clear and promises are kept. This principle requires:

- **Transparency in operations:** Clear communication about program goals, methods, and limitations
- **Consistency in relationships:** Reliable presence and predictable responses from staff and facilitators
- **Honesty about challenges:** Acknowledging when things don't go as planned and working collaboratively to address issues

### Empowerment and Choice

Trauma often involves experiences of powerlessness. Trauma-informed approaches actively restore agency by:

- **Maximizing choice:** Offering options whenever possible, even in small decisions
- **Building on strengths:** Recognizing and cultivating existing resilience and capabilities
- **Supporting skill development:** Teaching practical tools for self-regulation and decision-making
- **Respecting autonomy:** Honoring individual preferences and pacing in the healing process

## Collaboration and Shared Power

True healing partnerships involve shared decision-making and mutual respect. This means:

- **Meaningful participation:** Involving individuals in program design and evaluation
- **Shared expertise:** Recognizing that lived experience is as valuable as professional training
- **Distributed leadership:** Creating opportunities for participants to take on meaningful roles
- **Community building:** Fostering connections between individuals with shared experiences

## Cultural Humility and Responsiveness

Effective trauma-informed practice acknowledges that culture profoundly shapes how individuals experience, express, and heal from trauma. This requires:

- **Ongoing learning:** Continuously educating ourselves about different cultural perspectives on trauma and healing
- **Adaptive approaches:** Modifying interventions to align with cultural values and practices
- **Community partnerships:** Collaborating with cultural leaders and indigenous healers when appropriate

## Understanding Trauma's Impact

This principle involves recognizing how trauma affects individuals, families, communities, and organizations. It includes understanding:

- **Neurobiological effects:** How trauma impacts brain development and functioning
- **Behavioral manifestations:** Recognizing trauma responses rather than labeling them as problematic behaviors
- **Intergenerational transmission:** Acknowledging how trauma can affect families and communities across generations
- **System-wide impacts:** Understanding how trauma affects organizations and communities, not just individuals

## Application in Resilient Pathways and Wisdom Born Designs

### Embedding Safety in Every Element

In Resilient Pathways, safety begins before participants even enter the room. The physical environment is designed with trauma sensitivity in mind—comfortable seating arranged in circles rather than rows, natural lighting when possible, and clear sightlines to exits. Participants

always know what to expect through detailed program overviews and check-ins about comfort levels throughout each session.

Emotional safety is maintained through consistent facilitator presence, clear boundaries about confidentiality, and explicit permission to participate at whatever level feels comfortable. The abstract art component particularly supports safety by removing pressure to create "correct" or beautiful work, allowing individuals to express themselves without fear of judgment.

Wisdom Born Designs extends this safety principle into educational settings by creating classroom environments that feel welcoming to all students, particularly those who may have experienced educational trauma. This includes flexible seating options, sensory considerations, and teaching approaches that accommodate different learning styles and trauma responses.

### Trust Through Transparency and Consistency

Both programs build trust through radical transparency about methods, goals, and limitations. Participants receive clear information about what to expect, how their information will be used, and what support resources are available. Facilitators model authenticity by sharing appropriate aspects of their own experiences and acknowledging when they don't have answers.

Consistency is maintained through regular schedules, predictable session structures, and reliable follow-through on commitments. When changes are necessary, they're communicated clearly, and participants have input into how to adapt.

### Empowerment Through Choice and Skill-Building

Resilient Pathways maximizes choice at every opportunity. Participants choose their own artistic materials, decide how much to share in group discussions, and set their own goals for participation. The program explicitly builds skills in emotional regulation, boundary setting, and creative problem-solving while recognizing and building upon existing strengths.

Wisdom Born Designs empowers students by offering multiple ways to demonstrate learning, incorporating student voice in curriculum design, and teaching self-advocacy skills alongside academic content. Students learn to recognize their own learning preferences and communicate their needs effectively.

### Collaboration as a Core Value

Both programs involve participants as partners in their own healing and learning. Regular feedback sessions allow for program adjustments, and participants often take on mentoring roles with newer members. The programs explicitly value lived experience as expertise, creating opportunities for participants to contribute to program development and evaluation.



## Cultural Responsiveness in Practice

Recognizing that healing and learning are culturally informed processes, both programs maintain flexibility in their approaches. Art materials and creative prompts are chosen to be culturally inclusive, and facilitators receive ongoing training in cultural humility. Community partnerships ensure that programs can adapt to serve diverse populations effectively.

## Broader Implications: Transforming Families and Communities Through Trauma-Informed Approaches

The principles underlying Resilient Pathways and Wisdom Born Designs have profound implications for organizations, communities, and - most essentially - families. Families are the first communities we are born into, serving as the foundational environment where our sense of self is shaped and our earliest interactions are learned. They set the stage for how we perceive ourselves and relate to others as we move through different community environments throughout life.

Family trauma is far more common than many realize, and its effects ripple across generations. According to research led by Johns Hopkins Bloomberg School of Public Health, nearly half of all U.S. children are exposed to at least one social or family experience that can cause traumatic stress and impact healthy development. Over 22% of children have faced two or more adverse childhood experiences—such as parental divorce, loss, substance abuse in the home, or exposure to violence—which dramatically increases the risk of negative health outcomes, school disengagement, and other challenges. National data further indicate that up to 19% of adolescents report experiencing physical abuse from a caregiver, and up to one in five have witnessed serious violence at home (Saunders & Adams, 2014). The National Child Traumatic Stress Network highlights that trauma can cause stress responses in family members that disrupt relationships, erode family functioning, and impede a sense of safety and connection—especially when support and understanding are lacking.

When trauma-informed principles are practiced within families, they foster safety, trust, and empowerment from the very beginning, interrupting cycles of harm and laying the groundwork for resilience that grows with us. Supporting families with trauma-informed frameworks helps parents, caregivers, and children build relationships rooted in understanding rather than judgment. This approach encourages open communication, emotional safety, respect for individual boundaries, and collaborative problem-solving. Research shows that when families receive appropriate support and learn resilience skills, children are more likely to thrive—demonstrating improved engagement in school, healthier relationships, and increased emotional well-being.

When children experience trauma-informed care at home, they are better equipped to navigate challenges in schools, workplaces, and broader society with a healthy sense of agency and trust in themselves and others.



## Educational Settings: Beyond the Classroom

**Schools implementing trauma-informed approaches** see remarkable changes not just in student behavior but in overall school climate. When educators understand that a child's inability to concentrate may stem from chronic stress rather than defiance, their responses change dramatically. Discipline policies shift from punitive to restorative, classroom management becomes more flexible, and academic supports address underlying trauma responses.

**Practical applications** include creating sensory calm-down spaces, training all staff in trauma recognition, implementing mindfulness practices throughout the school day, and developing partnerships with mental health providers. These changes benefit all students, not just those with identified trauma histories.

## Workplace Transformation

**Trauma-informed workplaces** recognize that many employees carry trauma histories that affect their work performance, relationships, and well-being. These organizations create cultures of psychological safety where employees feel valued and supported.

**Implementation strategies** include flexible work arrangements that accommodate different needs, leadership training in trauma-informed management practices, employee resource groups for support, and wellness programs that address whole-person health rather than just physical fitness.

**Benefits** include reduced turnover, increased productivity, improved team cohesion, and enhanced creativity as employees feel safer to take risks and share ideas.

## Healthcare System Reform

**Trauma-informed healthcare** transforms patient experiences by acknowledging how past trauma affects current health outcomes and healthcare interactions. This approach reduces re-traumatization during medical procedures while improving treatment adherence and outcomes.

**Key changes** include modified intake procedures that screen for trauma history sensitively, training for all staff in trauma-informed communication, physical environment modifications to increase patient comfort, and integrated behavioral health services.

## Community-Wide Implementation

**Trauma-informed communities** work across sectors to create environments where all residents can thrive. This involves coordination between schools, healthcare systems, law enforcement, faith communities, and social services.

**Community-level strategies** include shared training across sectors, policy changes that address root causes of trauma, community healing initiatives that bring people together, and economic development approaches that prioritize community well-being alongside growth.

## Justice System Innovation

**Trauma-informed justice** recognizes the high prevalence of trauma among individuals involved in the justice system while working to prevent further traumatization. This approach focuses on healing and accountability rather than punishment alone.

**Reform elements** include trauma-informed training for all personnel, therapeutic courts that address underlying issues, facility design that promotes dignity and safety, and community-based alternatives that keep families together when possible.

## The Ripple Effect of Transformation

When organizations and communities embrace trauma-informed principles, the effects extend far beyond immediate participants. Children who experience trauma-informed schools carry those expectations into their adult workplaces. Employees in trauma-informed organizations create more supportive home environments. Healthcare providers trained in trauma-informed care approach their own families with greater understanding and patience.

This ripple effect creates what researchers call "trauma-informed communities"—places where understanding and responding to trauma becomes part of the cultural fabric. In these communities, asking "What happened to you?" becomes as natural as asking "How are you?" and creating conditions for healing becomes everyone's responsibility.

## Building the Framework: Practical Steps Forward

Implementing trauma-informed approaches requires intentional planning and sustained commitment. Organizations beginning this journey benefit from starting small, perhaps with one program or department, while keeping the broader vision in mind.

**Essential first steps** include education about trauma's prevalence and impact, assessment of current policies and practices through a trauma-informed lens, and engagement of people with lived experience as partners in the change process.

**Ongoing requirements** include regular training and support for staff, continuous quality improvement processes, and measurement systems that capture not just outcomes but also the quality of relationships and experiences.

Most importantly, trauma-informed transformation requires patience and persistence. Changing organizational culture takes time, and setbacks are part of the process. The framework provides guidance, but each community must find its own path to creating environments where healing and growth can flourish.

Through this comprehensive approach to trauma-informed practice, we create more than individual healing opportunities—we build communities where everyone has the chance to

thrive, contribute, and experience the profound satisfaction of meaningful connection and purpose.

## Call to Action

Understanding trauma is the first step, but transformation requires action. The principles and practices outlined in this paper are not just theoretical concepts; they are practical tools for creating profound and lasting change. The journey toward a trauma-informed world begins with each of us making a conscious choice to lead with empathy, prioritize safety, and foster environments where healing is possible.

We encourage you to reflect on how these frameworks can be applied within your own sphere of influence. Whether you are an educator, a healthcare professional, a community leader, or a parent, you have the power to shift perspectives and implement practices that honor the lived experiences of those you serve. By adopting a trauma-informed lens, you contribute to a ripple effect of compassion and resilience that can transform families, workplaces, and entire communities.

This work cannot be done in isolation. If you are inspired to take the next step, we invite you to connect with us. Explore the transformative potential of our programs, including Resilient Pathways and the Abstract in Color Integrated Arts Education Program. Let's work together to build a more compassionate and resilient future.

To learn more about our work, discuss collaboration, or explore partnership opportunities with Wisdom Born Consulting, we welcome you to reach out. Together, we can build a world where every individual has the support and safety needed to heal, grow, and thrive.

## Conclusion

Throughout this paper, we have explored the profound impact of trauma and the transformative potential of adopting a trauma-informed framework. We have seen how understanding trauma not as a personal failing but as a natural response to overwhelming experiences can shift our approach from judgment to compassion. By embracing core principles of safety, trust, empowerment, and collaboration, we can create environments where healing is not just possible, but expected. The journey through creative expression, particularly abstract art, reveals a powerful pathway to processing experiences that words alone cannot capture, unlocking our innate capacity for insight and integration.

The path to healing is not walked alone. It is paved with the support of informed and empathetic communities—in our families, schools, workplaces, and beyond. Each principle and story shared here underscores a single, powerful truth: resilience is not about avoiding hardship, but about our collective ability to heal and grow from it.

Let this be more than just information; let it be an invitation. An invitation to look at the world through a lens of greater understanding, to lead with empathy, and to build systems that honor the strength of the human spirit. The capacity for healing and growth resides within every individual and every community. By committing to these principles, we can cultivate a world where everyone has the opportunity to transform their story and discover the wisdom born from their own resilient pathways.

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