



# Trauma & Dissociation Bridge of Hope

## Bridge of Hope Begins Again

Bridge of Hope focuses specifically on trauma and dissociation. This publication is posted quarterly beginning with this edition, on our website.

The goal of this publication is to offer an opportunity for survivors to share their creativity and strengths, and to reduce the isolation that trauma can create. It's an opportunity to share artwork, poetry and writings with others.

We would love to have your submissions for review. This provides an interactive outlet, and helps you to know you are not alone in the healing process.

You can find out more information about our publications and submission guidelines by

going to our website at [www.hope4christianrecovery.org/trauma.html](http://www.hope4christianrecovery.org/trauma.html) under Publications.

We are so pleased to offer this outlet for creativity and support. I hope you will find it to be a great resource for your journey of healing.

## Send us your submissions

You can privately provide your stories, poetry, and so on for our review by using the following drop box.

<https://senditonthenet.com/secure/drop/hope4christianrecovery@gmail.com>

Please submit your documents in word or a word document equivalent, such as open source.

Thank you so much!

### Note About BoH:

- Bridge of Hope is published quarterly in Shepardsville, Indiana. Copyright 2014 by Hope Recovery, a non-profit organization. All rights reserved. Send subscriptions, manuscripts and correspondence to PO Box 127, Shepardsville, IN 47880. Free to Survivors of Trauma

- This publication is designed as an information exchange for survivors of trauma and dissociative disorders and their supportive others and professionals. Neither its editor nor its lay-person contributors are engaged in the practice of medicine. This publication should not be construed as medical advice concerning any specific facts or circumstances. The contents are for general information purposes only. Please consult with competent professionals concerning your specific questions and needs.

ISSN 2373-471X (Print)  
ISSN 2373-3977 (Online)

## Your Artwork Wanted!

Do you draw? Paint? Take photos? Take a picture or otherwise submit your artwork and send it to us to consider as part of our newsletter.



*Find a support group to provide social support and to learn more about your trauma.*

## Self-Esteem in Christ

I am a new creation—2  
Corinthians 5:18-19

I am God's workman-  
ship—Ephesians 2:10

I am born of Christ—1  
John 5:18

I am a child of God—1  
John 3:1-2

I am righteous and ho-  
ly—Ephesians 4:24

Individuals working on recovery issues may find that believing in themselves is a difficult task. The truth is we have the self-esteem of Christ. Through His love and acceptance, and our creation, we are filled with value and worth.

Value and worth isn't

based on what we do, but on who we are. As a child of God, we are heirs to the throne. We are deserving by the grace of God.

When struggling with believing in you, remember that you've been given life abundantly and rejoice in

## Outpatient Treatment Options

It would be great if when searching, you could find a treatment provider who specializes or has extensive experience in treating survivors of trauma. Some types of treatment modalities may be EMDR (Eye Movement Desensitization and Reprocessing), CBT (Cognitive Behavioral Therapy), Somatic

Experiencing, DBT (Dialectical Behavioral Therapy). Other therapies that might be used are group therapy, support groups, medication therapy, and individual psychotherapy.

Questions to consider asking—  
What is your formal training background?

What specific training have you had in trauma treatment?

How long have you been working with trauma survivors?

What is your treatment philosophy?

How do we know when we are finished?

What if I am in crisis?

Who covers while you are out of the office for vacation or other reasons for an extended period?

## Inpatient Trauma/PTSD Treatment Programs & Related Issues

[Pine Rest Inpatient Services](#) for Mental Health

[Remuda Ranch](#) for Eating Disorders

[Timberline Knolls](#) for sexual trauma/PTSD, eating disorders, mood disorders, and addiction

[Del Amo Trauma Recovery/Military Trauma Program](#)

[ma Program](#)  
California

[MacLean Hospital Dissociative Disorders and Trauma Program](#)  
Massachusetts

[River Oaks Hospital Trauma Based Disorders](#) (The New Orleans Institute)  
Louisiana

[Sheppard Pratt Trauma Disorders Program](#)  
Maryland

[The Center Posttraumatic Disorders Program](#)  
Washington, DC

[The Meadows](#) (treats Trauma, PTSD. Addictions and other issues)

Arizona

### Activities of Interest

Need something for distraction? Consider some of the following:

Reading a book

Drawing

Journaling

Dancing

Playing music

Singing

Crocheting

Bicycling

Praying

Cooking

Cleaning

Walking

Visiting a friend

Calling a friend

Go to the mall

Go to a movie

Surf the web

Take pictures

Sing

Stretch

Read the Psalms

Woodworking

*Activities that help to give us ideas for leisure, distraction and some general fun can be very helpful.*

### Inside Story Headline

Submitted by anonymous

Can I find it, Peace that is.

Bit by bit, Am I His?

Life and laughter, slowly arrives.

Looking after, reaching for the prize.

I'm not alone, I know that now.

God's love is sown, I'm His but how?

Each little time, I reach forward,

I know that I'm going, to be free moving onward.

Thank you Lord, for your love out-poured.

*Someone Loves You*

Just for Fun!

A O P R Y N M E C D L K D S M C O Q S E  
 N J V D U I W J O D S O A P C C C A L L  
 N K B E J F G M S O O P Y O Y O P O O A  
 A A O R N O O Z T V A E S T A J I L R C  
 S S L R T B M U A E P N S T S R E I I K  
 B W I T C P I Q S R S S U E O V A F O C  
 U B V U R H N R E E U A N D E A S E L H  
 F F E P E U A A D M D I E T M R T E E I  
 F D W O E Y B R E S S D T O E I E L L N  
 B E A L G T V T D P O A R W H E R O O N  
 E T R S S R E R E O R I U H T D N I I E  
 L A B W A E S E H T R R S E E T T R R D  
 L O L G A W S N G T H I T E R H O O O C  
 I R E H W Q E N R E O S O N O R W S A A  
 E H R J V A I A A D P L T L M U H K R L  
 D T Y M B L J C G O E E O J E S E C I L  
 Z Y F N B B M E E R W R U N I H E O M I  
 U B W M A G N I F I C I E N T V B L I O  
 E U A Y R E Q N Y O K L E R C D E L T P  
 L R B R O A D B I L L E D D W R T U L E  
 B B E E L O I R O E R O M I T L A B A E

Types of Birds

**Hummingbirds:**

Annas  
 Blackchinned  
 Broadbilled  
 Buffbellied  
 Calliope  
 Costa  
 Magnificent  
 Rubythroated  
 Rufous

**Orange Birds**

Altamira Oriole  
 Baltimore Oriole  
 Brambling  
 Bullocks Oriole  
 Eastern Towhee  
 Hooded Oriole  
 Olive Warbler  
 Orchard Oriole  
 Ovenbird

Spotted Towhee

Variedthrush

## MISSION

The mission of Hope Recovery is to provide Christian-based supportive compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

## VISION

Hope Recovery aspires to provide excellence in service and support while assisting trauma survivors in achieving their recovery goals.

## Hope Recovery Inc.

PO Box 91  
Shepardsville, IN 47880

E-mail:  
recovery@hope4christianrecovery.org  
Phone: (812) 233-3897

Online Christian Support message boards are available at [www.christianforums.com](http://www.christianforums.com)

Online Secular Support message boards are available at [www.7cups.com/1259571](http://www.7cups.com/1259571)

If you're feeling **suicidal**, please contact 800-SUICIDE or if outside the US, go to [www.befrienders.org](http://www.befrienders.org)

If you are being **abused**, experiencing incest or rape, please contact RAINN at 800-656-HOPE. RAINN provides links to international agencies.

If you are in a **violent relationship**, call 800-799-SAFE. For international contacts, go to [www.hotpeachpages.net/a/index.html](http://www.hotpeachpages.net/a/index.html)

We're on the Web

[www.hope4christianrecovery.org](http://www.hope4christianrecovery.org)

## Subscribing to Bridge of Hope

### Fees:

Free to Survivors.

\$4 donations from supporters and professionals is requested to cover the costs of the website..

Donations may be sent to our PO Box, or online via PayPal.

**You Are  
Not Alone!**



When all seems like a struggle, there is hope.