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What is trauma?

A variety of events can be considered traumatic. Physical, sexual, or emotional abuse. Domestic violence or community violence. Accidents, natural disasters, medical traumas. War or terrorism. Traumatic death of a loved one. The list goes on.

No matter what type of event, a trauma can impact individuals in many different ways. Some people have feelings of depression, anxiety, anger, or all of the above. Some people may have very intense emotions, while others may feel numb or detached. When trying to make sense of senseless acts, some people begin to mistakenly believe that it was their fault or that they cannot trust anyone. Sometimes people try so hard to block out their memories of the event, that they also block out good memories and feelings or even turn to unhealthy ways to try to avoid the memories. Some people will develop Posttraumatic Stress Disorder (PTSD) or other mental health disorders and challenges. While these experiences and feelings are painful, there is hope. There are several treatments available to help children, adolescents, and adults of all ages begin to heal. Before treatment, people often believe they cannot feel better. But after treatment, these same individuals are often surprised to realize how strong they really are, and always have been, and how much better they are feeling. If you or someone you care about has experienced a traumatic event and you believe they may need support, please click here - [Information Treatment | Heather Risk PsyD & Associates](#)

For more information about how trauma impacts children and adolescents, please see www.nctsn.org. The National Child Traumatic Stress Network has many helpful and informative fact sheets for caregivers, teachers, and others who work with children.

For more information about how trauma impacts adults and the benefits of cognitive behavioral therapies, which are provided here, please see <http://www.abct.org/docs/factsheets/PTSD.pdf>

To refer a client for this treatment, or to request training or consultation, contact: Heather Risk PsyD & Associates