

Healing Stories: Amy

I have been suffering with PTSD and major depression for as long as I can remember. I have experienced every trauma possible throughout my life. I had been consumed by my emotional suffering, which I accepted as “normal.” I never thought I could or would feel better. Society, in general, believes that if you exit and survive trauma, then you are all better – Wrong! I have not had a family or friend support system, and I was a single mother for ten years. Healing is a slow, long process. If you watch a flower blossom, the plant requires a lot of energy to produce the stem, the leaves, and then the bud; then the bud takes time to open and shine in all its glory. All that growing requires a strong root system. I did not have a root system, and I was barely surviving. I would look at my life as one more day I must get through to survive, even though most of my life I was actively trying not to survive. I was surviving because my sense of duty and responsibility to my children, but there was not anything beyond that. Life was really miserable.

All that changed over time. I must say that it really helps to have a best friend. My husband has always been supportive, gentle, sensitive and just a sweet person. We have been married for nine years now. My children are in college, which means that I had time now to focus on myself for the past two years. There are many animal friends living in my home, who give me immense joy. I have had a wonderful therapist for quite a few years now, and an amazing endocrinologist. It all started with a drawing class that was offered through Artspace for women who were in recovery. That was a big step for me because I did not feel that I deserved to enjoy myself, and I believed that “people” would not approve. I should be making money and thinking about a career. Once that hurdle was won, I began to feel that I deserved to be happy. My life is my own to live. I continued on with taking art classes at Artspace. Then, a therapist suggested workshops that were being offered through the Community Crisis Response Team (CCRT). I began to attend workshops. They were not only healing and interesting, they were also fun. There were so many interesting topics to learn. It was an adventure where I would discover if some alternative form of healing would help me. It was very exciting. All the while, the staff at CCRT were supportive, kind, knowledgeable and gave me permission to be happy and feel good about myself. The CCRT staff created an environment, which is conducive to healing and nourishing for our entire selves. We were taught the process of how to create a meaningful, rich life for ourselves. It is so profound; even now I am having difficulty finding the words to describe it. I just never thought it would be possible to feel so good and be happy with my life. I actually have a wonderful life. CCRT did not ridicule me for my dreams or life condition. In fact, they urged me to listen to those feelings that were urging me to fulfill my life in my own unique way. There was something within myself that I was ignoring because I thought that it was immature. CCRT taught me how to focus in on how to identify my needs through Transformational Kinesiology. The approach is to treat my healing as an opportunity to trust myself to know what it is that I really need. There was so much learning to do to recapture a process most discover while they are young. I was never taught how to care for myself. It was very important to trust that my inner self would lead the way to my success. This has transformed my life. I wish every person on this planet could feel good about themselves the way I do now. The world would be better off for it. I am on an exciting path in life discovering where it will lead. My life has meaning, and I deserve it.

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A program of Community Action of the Franklin, Hampshire and N. Quabbin Regions, a United Way Partner Agency.

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