

## Healing Stories: Christine

Hello, my name is Christine. I am here to share my story and invite you into my journey of strength. I can honestly tell you with an abundance of courage that I'm a survivor of domestic violence. I arrived in Greenfield in the spring of 2008. After living in a shelter for 5 months, someone handed me a pen and it gave the name and number of the Community Crisis Response Team. Without hesitation, I laced up my sneakers, grabbed a backpack, headed to 277 Main St. The office was located on the fourth floor where there were 52 stairs. If there is a stairway to heaven, I know today that those first 52 steps were the beginning of a new life. It's what I call longevity, free of abuse and oppression.

Soon after arriving at the fourth floor a caring counselor greeted me. In getting seated and introduced she asked me this question, "Christine, what do you need?" At this moment I was very perplexed; in my entire life of 38 years no one had ever asked me, "Christine, what do you need?" I then replied with heartfelt sincerity, "I need someone I can trust."

My journey to healing from trauma, much like my story, has 3 parts: 1) Building a Foundation; 2) Into Action, and 3) The Here and Now.

Building a Foundation: The CCRT counselor helped to plant the seeds to develop a support system. We call them resources and they incorporate healing, education, occupational skill training, and health and wellness workshops. Together we put the above wellness plan in an order for me to put into action

Into Action: Trauma survivors are faced with being scrambled ,especially in the beginning [after the trauma]. So here I was with a recovery plan that I was determined to be successful in following. It all came together as I established a supportive relationship with a therapist that specialized in PTSD. In addition, The Disability Pass program and I designed a pass for me to succeed in job-core related skills training. Next came the very much needed building of support from a faith community. The fellowship I am a part of gives bible studies and Sunday worship services. Lastly, my past profession as a personal trainer helped me to pull together a great exercise and nutrition program. This enabled me to keep up my stamina into part 3, The Here and Now.

The Here and Now is a place a trauma survivor gets to through transformation of self. The past trauma is always going to be there; however, working out the fear and resolving it into successful solutions keeps one's trauma separate from our true identities. The here and now also reminds us that we can always use our experience, strength and hope to assist and help others who are in trauma.

In closing, CCRT is an extremely important asset to our healing community. CCRT helps trauma survivors recover and sustain promising futures, benefitting not just themselves but society as a whole.

Thank you for listening,  
Christine