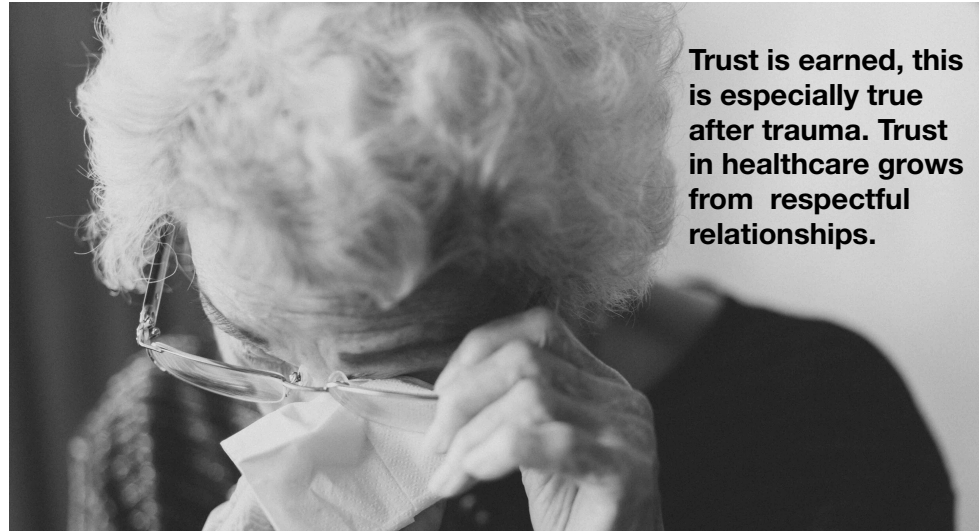




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## My trauma, my way



**Trauma is the experience and response to an overwhelmingly negative event or series of events. Our response to trauma becomes part of our journey.**

Moving forward in trust with others is sometimes easier when the rules of engagement are clear:

Trauma does not have to be shared to be respected.

Respect comes from our actions: If/when/how we ask permission to enter others' personal space matters.

Pay attention to each others' body language.

Feelings shared deserve validation without judgement.

This is a video where Edith bravely shares her journey after surviving the holocaust, and her search for meaning. My hope is that all people regardless of trauma will feel respect, receive support and find meaning in their lives, in their own time.

<https://youtu.be/eSevqiHfop8>

Reference:

<https://www.canada.ca/en/public-health/services/publications/health-risks-safety/trauma-violence-informed-approaches-policy-practice.html>