What have you gained from this training?

...Help with my incident. I was able to sleep after EMDR and close a chapter on what I was dealing with. I feel lighter and can breathe again.

...New friends that I can relate to and know that I’m not alone. I feel better about my situation.

...Received tools and resources on how to deal with trauma. I have a better outlook on mental health. I was able to process my incident with EMDR and received strength from hearing other stories.

...Methods to cope with trauma. Training exceeded my expectations.

...I need to take care of my mental well-being.

...Gained resources that will help with what I’m experiencing. I was able to process and understand what might be going on in my head.

...Good coping skills for improving mental health and recognizing everyone is suffering in some way.

...Insight into techniques to assist with preventing and dealing with trauma.

...The impact trauma has on your loved ones and that I’m not alone.

...I gained hope and learned that the brain can recover.

...How to help my wife with her struggles.

...How to cope and be more resilient. Received a better understanding of what I’m dealing with and that I’m ok.

...A realization that my coping mechanism doesn’t currently work due to extenuating circumstances and that I need to work on a different method.

...Resources, friendships, stronger relationship with my husband and skills to share with my kids. Hearing others share their stories made me feel that we are not alone in our trauma. My mind is clearer and I am more positive.

...Opportunity to share about my relationship with my husband and that I do not need to be his rock.

...To know that I’m not alone. Received many resources and will be able to emotionally handle situations better.

...Self-evaluation and felt it was beneficial hearing others share their struggles that were similar.

...With this being our second time, sharing our experiences and listening to everyone really helps. The conformity of me telling my story and discussing. The same issues that I deal with many others are experiencing the same.

...I was able to identify how my traumatic events were affecting my everyday life and how my “coping” mechanisms were not fixing my problems. I feel better both emotionally and mentally.
...I was able to recognize daily trauma and not just the incident that brought me here. I learned about coping skills and EMDR. I was able to let go of unrecognized trauma from the past.

...Ways to live a healthier life and support peers to continue to push through. The tools I received on how to cope are invaluable.

...I am not the only one suffering. There are people willing to listen without judgement.