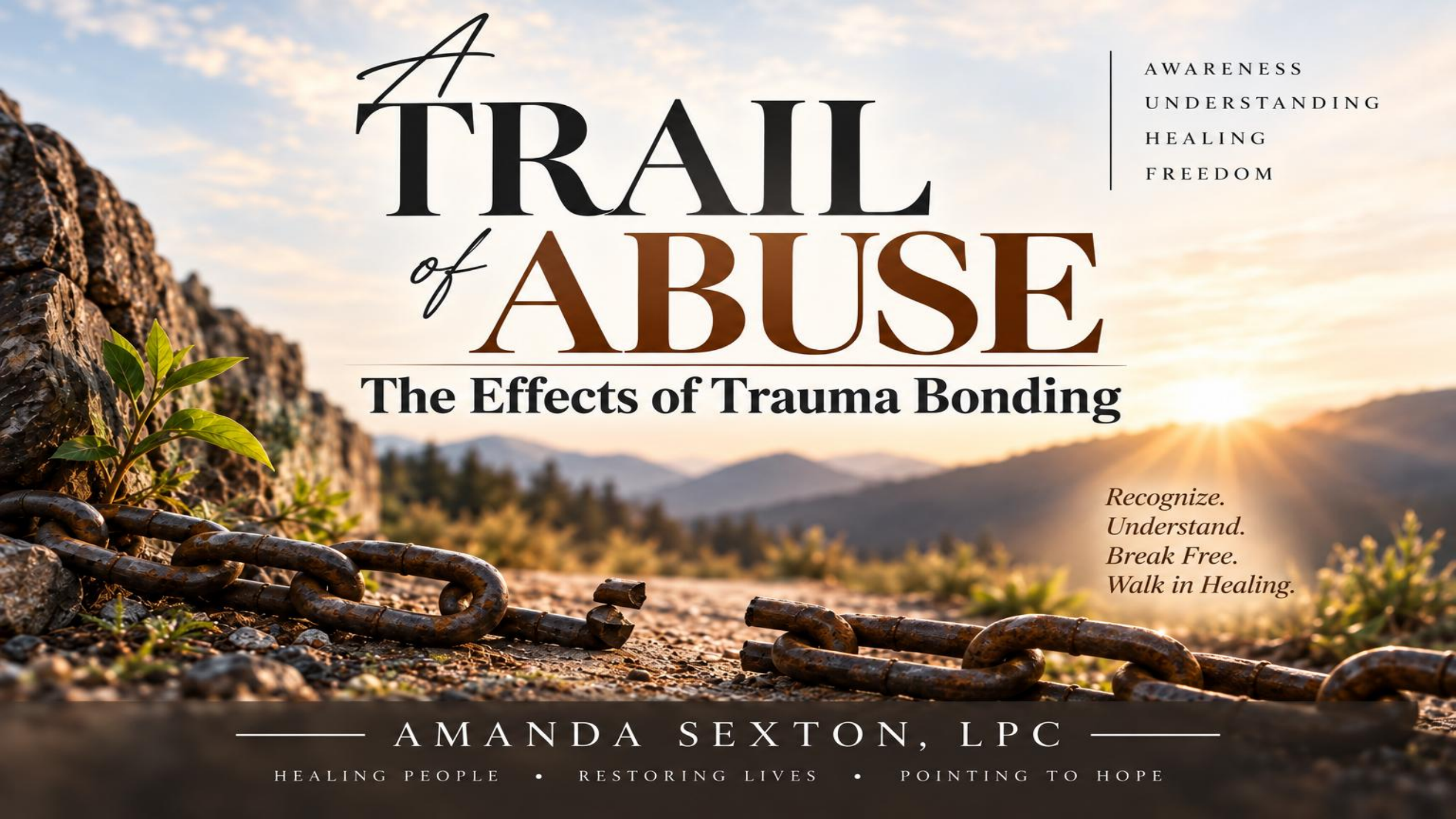




A TRAIL *of* ABUSE

The Effects of Trauma Bonding

AWARENESS
UNDERSTANDING
HEALING
FREEDOM

*Recognize.
Understand.
Break Free.
Walk in Healing.*

— AMANDA SEXTON, LPC —

HEALING PEOPLE • RESTORING LIVES • POINTING TO HOPE

FROM THE NEEDLE TO THE CROSS

A JOURNEY THROUGH TRAGEDY TO TRIUMPH



AMANDA SEXTON

Foreword by Dr. Frank and Karen Sumrall

— PERSONAL EXPERIENCE —

*I am no longer
a statistic.*

REAL PEOPLE.
REAL STRUGGLES.
REAL HOPE.
A REAL GOD.



Research suggests that
3.3 million to 10 million
children witness domestic violence
in the United States every year.

SEE THE CHILDREN. BREAK THE CYCLE. CHOOSE A SAFER TOMORROW.



Some advocacy groups like
Futures Without Violence
believe this number is much larger
with a possible total of

15.5 MILLION.



What I saw





What I EXPERIENCED AT HOME



What I **EXPERIENCED** **OUTSIDE** **THE HOME**

*Monterey High School
Jr.-Sr. Prom May 1, 1999*

How I **RESPONDED.**

- **Trauma Bonding**
- **Intimate Partner Violence**
- **The Abused Becomes the Abuser**





Trauma BONDING

Love
Hurt
Hope
Repeat



A trauma bond is a **powerful** emotional attachment a person feels toward their abuser, driven by repeating cycles of abuse and **intermittent affection.**

Source: Psychology Today

Healing
is possible.





I Trauma
BONDED
with my mother and
abusive boyfriends.

*Love
Should
Not
Hurt*
♡

I began to think
abuse was love.

*Healing
is
Possible*
♡





What I HAD BECOME

HURT
LOST
CONFUSED
EMPTY
SURVIVING
ANXIOUS
NUMB
BROKEN

A PAST
THAT DOESN'T
DEFINE ME
ANYMORE.



1 in 7
men experience
physical intimate
partner violence.

IT HAPPENS.
IT MATTERS.
SUPPORT IS REAL.

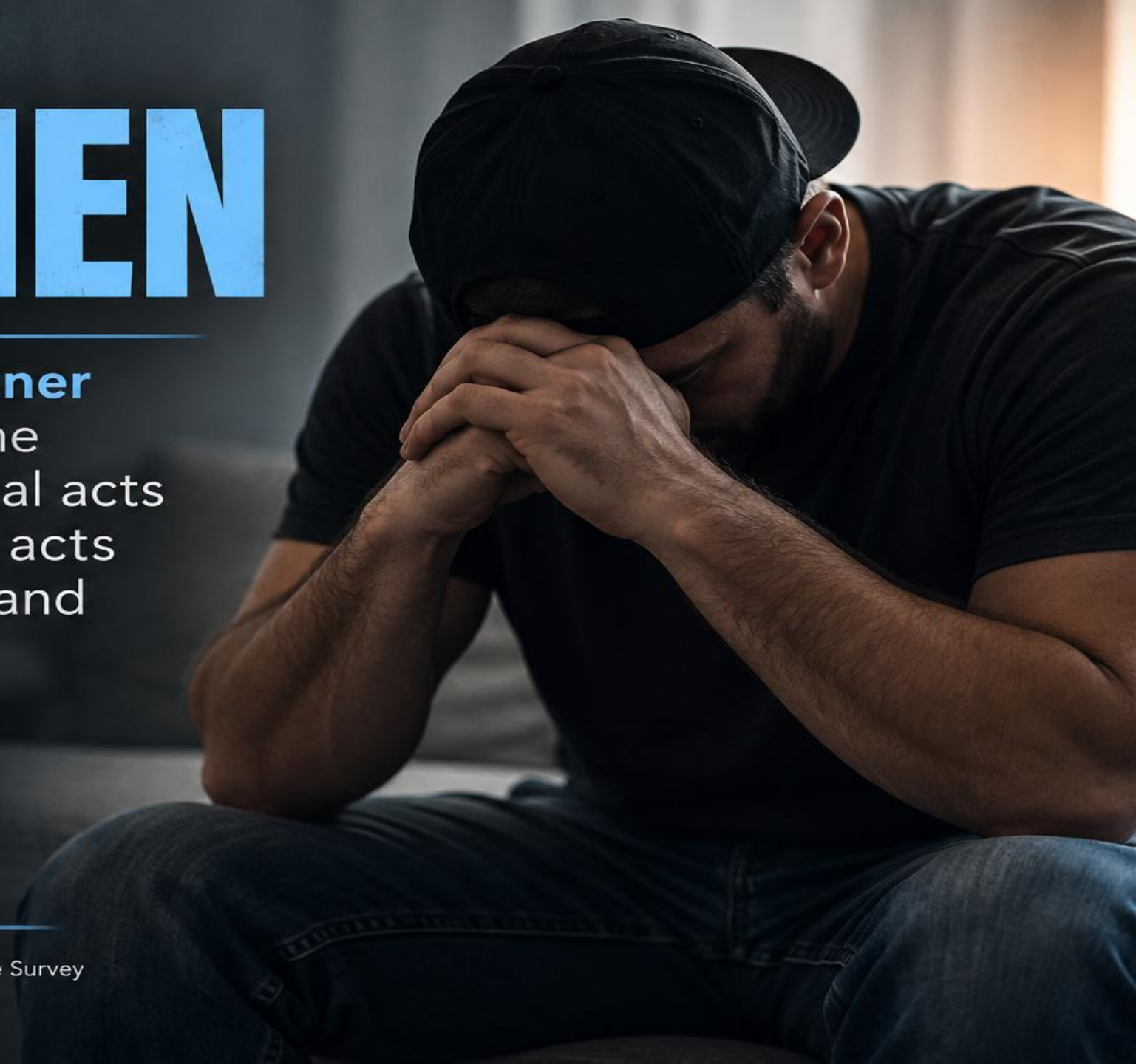
Source: CDC Intimate Partner Violence

1 IN 4 MEN

experience **intimate partner violence** if we broaden the definition to minor physical acts along with psychological acts including verbal, mental, and emotional abuse.



Source: CDC National Intimate Partner and Sexual Violence Survey





Intimate **PARTNER** **VIOLENCE** *is Real*



REAL PEOPLE.
REAL STORIES.
REAL IMPACT.

Real Talk

Once I had a healthy relationship, I did not know what to do with it. I had to unlearn and relearn everything.

*Healing takes time.
But change is possible.*

HEALTHY
RELATIONSHIPS
CAN FEEL
UNFAMILIAR
AT FIRST.

—
AND THAT'S
A PART OF
HEALING.

BOUNDARIES

SELF DISCOVERY

A BRIGHTER TOMORROW

Healing
Looks
Different
for Everyone
♡

AWARENESS | HEALING | GROWTH | HEALTHY RELATIONSHIPS | BRIGHTER TOMORROWS



6 —
5 —
4 —
3 —
2 —
1 —
5F —
11 —
10 —
9 —
8 —
7 —

*Broken
Lost
Hurt
Surviving*

*Healed
Stronger
Free
Purpose
A New Story*
♡

How I **HEALED**

SAME GIRL. A DIFFERENT STORY.

My HEALING JOURNEY

SAME STORY • A STRONGER ME

*Healing
is progress,
not perfection.*

A BRIGHTER
TOMORROW



Faith

A STRONGER MINDSET



Family

UNCONDITIONAL LOVE



Community

CONNECTION & BELONGING



Support

PEOPLE WHO SHOW UP



Therapy:

CBT & EMDR

TOOLS FOR LASTING CHANGE

HEAL • GROW • THRIVE

A Trail of Abuse:

The Effects of Trauma Bonding

AWARENESS | EDUCATION | HEALING | HOPE

Real People. Real Stories. Real Change.



BREAK
THE CYCLE.

UNDERSTAND
THE IMPACT.

BUILD
HEALTHIER
TOMORROWS.



— “Awareness today. A safer tomorrow.”

TO WRAP UP...

Q&A

QUESTIONS | DISCUSSION | INSIGHTS

Let's keep the conversation going.



SOURCE PAGE

RESOURCES ON DOMESTIC VIOLENCE



Resource Center on Domestic Violence

Information and resources on the intersection of domestic violence.



www.rcdvcnc.org



Futures Without Violence

Tools, resources, and training to prevent and end violence against women, children and families.



www.futureswithoutviolence.org



Psychology Today

Articles and expert insights on domestic violence, trauma, relationships, and mental health.



www.psychologytoday.com



CDC Intimate Partner Violence

Data, prevention strategies, and resources about intimate partner violence.



www.cdc.gov/violenceprevention/intimatepartnerviolence



CDC National Intimate Partner and Sexual Violence Survey

National data and findings on intimate partner violence, sexual violence, and related topics.



www.cdc.gov/nisvs



From the Needle to the Cross

Personal testimony and resources on recovery from addiction, trauma, and abuse, pointing to hope and healing through Jesus Christ.



www.amazon.com

