Understanding Trauma and Healing in Adults

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/understanding-trauma-and-healing-in-adults/

Summary: There are multiple resource pages within this section that define trauma, provide tips for healing from trauma, and how to care for yourself when caring for others.

Application: Healing happens in families so it is important that child welfare and mental health providers recognize the effects of trauma on the parents. The parents need to heal in order to help their child.

Source: Headstart Early Childhood Learning and Knowledge Center

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