



# Complex Trauma + Mental Health

Breathe's complex trauma and mental health programs are centered on the transition from dysfunctional self-soothing behavior to healthy, higher-functioning forms of self-care.

Our programs work through trauma-related issues and mental health complexities while building life skills to create strength and resilience. These include emotional literacy, emotional intelligence and relationship skills.

## PROGRAM KEYS:

- **Safety and Stabilization**  
The healing process can further cause imbalance so, we focus on finding a new healthy center in the present
- **Reducing Anxiety**  
Uncover and explore traumatic memories and make sense of it all in a safe therapeutic environment
- **Decreasing Depression**  
Identify and experience feelings numbed by trauma survivors
- **Understanding Feelings**  
Own them, feel them, translate them into words, share them and put them into useful action

**b r e a t h e**™  
Life Healing Centers



*“We bring the power of the community and personalized coaching to your complex trauma and mental health treatment program and beyond.”*

Through complex trauma and mental health treatment, clients develop tools and skills to name, understand, and process emotions using the thinking-mind to make sense of the feeling-mind.

Take charge of choices and life.

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### LEARN TO:

- Replace harmful activities with purposeful principles that calm and center
- Work through past traumas to begin building a life by design
- Transition from self-numbing behavior to foundation-forming daily practices
- Build strength and resilience to work through future triggers with healthy responses



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