

## Trauma Redefined

Renee Pfeffer, LPC Intern  
Supervised by Christy Graham,  
LPCS



Many of us think of the word trauma and associate it with something big that has happened such as a car accident, divorce, abuse, or military combat. These are easily identifiable big Traumas. There are also other traumas that may not be discussed as much but can have a significant impact upon a person's life. These traumas aren't always as obvious, such as disturbing family dynamics, surgical procedures, or comfort that we needed in a difficult time but did not get. When these traumas add up, they can leave a wound in our hearts which cause us to not function in the freedom or wholeness in which we would like.

Traumas become problems when we can't operate in our regular capacities, may feel stuck, or some say they notice being overly triggered by situations. Have you ever felt like you were acting like a child in certain circumstances? Do you get overly angered or panicked? Sometimes it may be the opposite and we want to continually numb out on a drink or substance, watch Netflix nonstop for days on end, or go on a spending spree with money we don't have. These are just some of the ways we avoid dealing with the emotions of trauma.

When our bodies are breaking down, we go to a medical professional to get help. Why is it when we are wounded from trauma, some still hesitate to go to a mental health professional for help? Our greatest healing and breakthrough can come when

## Trauma: Harry Potter and The Magical Child

Christy Graham, LPCS RPTS  
President and Clinical Director of Acorn



**Harry sits watching his teachers celebrate the life of an impossibly huge arachnid. His feet swing and he seems almost gleeful. He has a plan and he has magic. These two together can shape the behavior of an accomplished, intelligent adult and make him do what he doesn't want to do-tell a secret about *He Who Must Not Be Named*. We watch as Harry loses the confident smile, concentrates and brings all his knowledge, emotion and influence to bare and he wins. The adult had no chance.**

### *Trauma and Fairy Tales*

Each of us remembers fairy tales as a child, whether they were Grimm's Faery Tales or Disney adaptations or simply the stories of magic and fantasy that we told each other, we remember them. Now, maybe, as adults, we forget as the adults in Peter Pan the power these had over our lives. We forget until we experience trauma or we talk about incidents from our childhood. Then, a glimmer of the belief in our power returns. This belief, this stance that we can control the adults and circumstances around us through our actions and wishes, this belief comes back. It is called the 'magical child'. Our brains develop over time and as infants and children, we believe and experience the world as completely revolving around us.

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## HOURS OF OPERATION

Monday through Thursday, 8 am to 8 pm  
Friday, 8 am to 5 pm  
Saturday by appointment

Our Staff will be at Race for Hope on September 17<sup>th</sup> from 7 to 1pm. We would love to meet you!

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we address the wounds and losses that wanting to be heard, processed, and transformed.

If you are feeling stuck or out of control at times, please give me a call at 940-222-8703, ext. 702. I believe there is a path toward healing.

Renee Pfeffer, LPC Intern supervised by Christy Graham, LPCS is an adolescent and adult specialist. She has lived in Denton for 22 years and is raising 2 teenagers with her husband.

*Harry Potter continued from page 1*

We cry and someone helps us, we laugh and someone laughs with us. We are tired and someone puts us to bed. People leave and we think they disappear until they are required again. In times of trauma, our brains/our perceptions regress to this childish state and, depending on our emotional/ psychological health, they can stay there. Nearly all children believe they somehow caused, or could have prevented, divorce. Nearly every abused child internalizes that they were the problem, they deserved to be hurt, they could have prevented their abuse by being a good kid or quiet or by saying just the right thing.

Harry Potter and all the wonderful, deep, characters in the series, embodies our belief, hope and fear that if we just make the right decisions, say the right things, be the right person, the right thing will happen and we will save the world. We need that hope and that aspiration, but when it turns to shame, bitterness and self-recrimination, we need help.

If this article speaks to you, where you are in a fight against your past overwhelming your future, talk to me or my colleagues. We can help you move from the belief that it was your fault, that you caused it, to a more truthful perspective-bad things happen, people make bad choices, and we can't control the world. If you are on a journey to save your world and find you can't do it alone, let us help you. Even Harry Potter needed the Dumbledor Army.



## CALENDAR OF EVENTS

### CHILD PARENT RELATIONSHIP TRAINING

SEPTEMBER 22<sup>ND</sup>, NOON TO 1:30 PM

10 SESSION CLASS, \$500 PER PERSON, \$600 PER FAMILY

Having difficulty enjoying your child? Is your child 'making you crazy'? In 10 weeks, we can improve, deepen your relationship with your child. We teach you strategies but more important, we watch videos of you practicing these strategies with your child and support you in the changes you want to make! The best part is, there is only 30 minutes of fun homework a week. And your homework is all about special play time! Contact Christy for information.

### EMOTION COACHING

SEPTEMBER 26<sup>TH</sup>, 7 TO 8:30 PM

6 SESSION CLASS, \$35 PER PERSON, \$50 PER FAMILY PER SESSION

Teaches you to:

- Understand the importance of emotional Intelligence
- Learn how to recognize, respond to, and validate what your child's feeling
- Learn how to be an effective Emotion Coach using the 5 steps of emotion coaching with children of any age
- Discover ways to express understanding and empathy
- Learn how to set limits and problem solve with your children

To register, or for more information, please contact Laura Westbrook, LPC Intern supervised by Christy Graham, LPCS at [laura@acorncounseling.services](mailto:laura@acorncounseling.services) or by calling 940-222-8703 x703.

- Our bilingual counseling program is taking clients for Deborah Hundley, LPC Intern.
- We are looking forward to MHMR Run for Hope, where we will honor Suicide Prevention September 17<sup>th</sup> from 7 to 1.

If you are interested in joining us, referring to us, or just finding out more about the exciting new things we are doing, call us! We can schedule a 15 minute phone consult to talk about just about anything. 940-222-8703.

**Call today! Our staff of therapists work with you and your family to become stronger and closer, from 2 to 82! Renee, Christy, and Laura have openings for new clients.**

Acorn Counseling Education Services  
1430 Robinson Road #430 Corinth, Texas 76210  
940-239-9867 fax 940-222-8703 Main  
[www.acorncounseling.services](http://www.acorncounseling.services)