

**This drawing was done by Charlene in grade 11 when she was 17 years old.** She had not received medication and the anxiety reactions were so intense and frequent that counseling and cognitive behavioral therapy was not effective. She missed a lot of school as documented on her attendance record for that year. Two band aids are across her mouth and she has the word **LIFE** written on them and she is trying to contain the pain and confusion inside and maybe it'll go away-just maybe.

**Trauma destroys the trust relationship of the victim with themselves and the world.**

This creates an inordinate amount of stress on the mental, emotional and physical capacities of the victim whose coping behaviours and belief structures have been shattered by trauma.

***The victim no longer knows how to act or what to expect from the world in order to survive.***

**The victim develops characteristic symptoms described as post-traumatic stress disorder.**

-----by Barbara Whitmer

