



PALMETTO®  
ADDICTION RECOVERY CENTER



# NEWSLETTER



## Facing Trauma in Mind, Body, and Soul

by Aaron Beeson Jordan, LPC

Trauma can be defined in many ways.

We know of the obvious traumas that people undergo such as physical and sexual abuse, rape, neglect, accidents, wars, terrorist attacks, and natural disasters. But what about the soul wounds that people endure from abandonment, neglect, emotional and spiritual abuse, grief and loss, childhood health issues, childhood bullying, adoption, and divorce.

Here at Palmetto, we are not just looking at the event that occurred and whether or not it is perceived

as “traumatic,” but how the individual has been adversely effected in mind, body, and soul as a result of the event. We believe trauma can be anything that distorts an individual’s view of themselves and their place in the world. Trauma causes physical damage to the body and brain as well as the soul.

These responses to trauma can cause disruptions in our emotional development. These disruptions in emotional development lead to the individual being incapable of coping with life effectively as a mature adult, and can lead to utilizing alternative methods of coping, including addictions.

*Continued inside*

*“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”*

*– Helen Keller*

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*Judy Crane,  
LMHC, CAP, ICADC*

# Facing Trauma in Mind, Body, and Soul

*Continued from front*

Some of the addictions we encounter include dissociation, cutting, bingeing, purging, anorexia, internet surfing, gambling, shopping, love and sex addiction, alcohol and chemical dependency, and other compulsive behaviors.

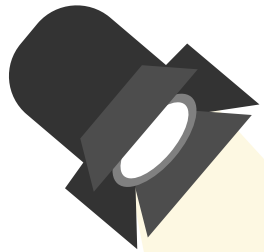
When working with individuals with trauma, we are looking at their physical, mental, and emotional responses to the traumatic event, and treating each one on

a sensory, cellular, and visceral level. In order to achieve this, we are utilizing a variety of therapeutic techniques, including experiential therapy, cognitive behavioral therapy, EMDR, somatic experiencing, grounding techniques, and specialized women's and men's issues groups.

Another important aspect of the healing process is including the family. By involving the family,

we are able to more effectively identify and process family dynamics which may have contributed to negative self-perception in the individual.

Here at Palmetto, our goal is to create a safe and compassionate environment for individuals to become vulnerable without fear of judgment. We are here to listen, to witness, and to provide healing for the individual and the family system.



## Staff Highlight

Continuing Education: Palmetto Counselors Train in Trauma Victim Healing through Judy Crane's Spirit2Spirit



**Aaron Beeson  
Jordan, LPC**  
*Counselor*



**Jerry Arnold**  
**LPC, NCC**  
*Counselor*

We are excited for our counselors, Aaron Beeson Jordan and Jerry Arnold, as they train to become safe and effective Trauma Therapists. With Judy Crane's Spirit2Spirit: Trauma Healing Certification Program for Certified Trauma Therapist, they will learn how to more effectively counsel those dealing with trauma, both physical and emotional.

At Palmetto Addiction Recovery Center, we believe continuing education for our staff ensures our patients are given the highest quality of addiction recovery treatment using up-to-date approaches and essential intervention techniques.



# *INTENSIVE IOP PROGRAM*

Palmetto's Intensive Outpatient Programs (IOP) are utilized either as primary treatment or as transitional treatment following a residential stay.

The IOPs allow clients to remain at home and maintain a regular work or school schedule while engaging in comprehensive treatment for substance abuses and co-occurring psychological disorders.

## Intensive Outpatient Locations in Louisiana

### **ALEXANDRIA**

209 Pecan Park Avenue, Ste. A  
318-704-6157

### **LAKE CHARLES**

117 Williamsburg Street  
337-794-7237

### **MONROE**

1822 Tower Drive  
318-805-8685

### **LAFAYETTE**

345 Doucet Road, Ste. 218  
337-504-4608

### **METAIRIE**

2955 Ridgelake Drive, Ste. 105  
504-913-5183

### **SHREVEPORT**

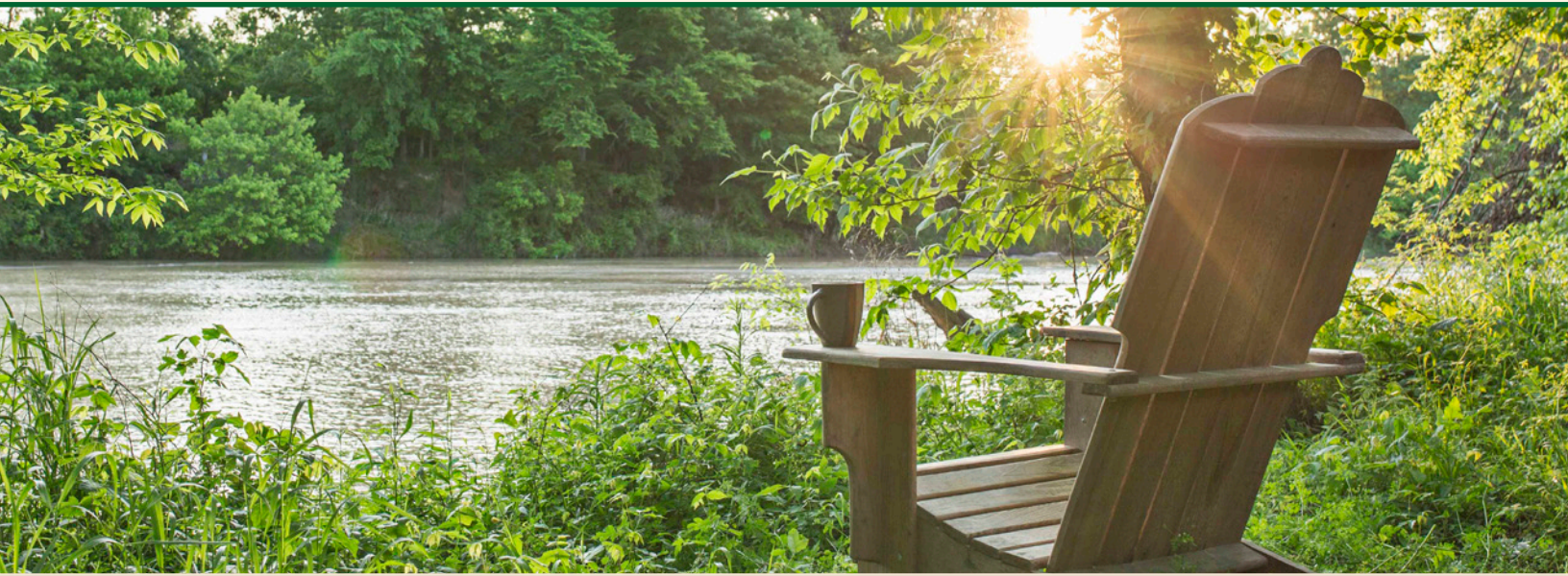
820 Jordan, Ste. 204  
318-268-0757



Look for more information on our website:  
[PalmettoCenter.com](http://PalmettoCenter.com)



# Palmetto Provides A Safe And Tranquil Treatment Environment



OUR SECLUDED 70-ACRE CAMPUS IS SURROUNDED BY BEAUTIFUL LAKE LAFOURCHE.



*Bringing hope and lasting recovery to individuals and families since 1993.*

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