
How long will it take to resolve traumatic memories?

As a client, you will receive individual consultations. There are as many types of trauma as there are people. An approximate time frame will be discussed with you once the assessment has been completed. (Surprisingly, many people are able to resolve deep seated trauma without having a lot of sessions.)

How much will this cost?

The fee is based on family income and size. During your first visit any questions that came to mind after your initial call (where most questions are taken care of) will be gladly answered.

How do I know I need professional help?
Call **Family Consultation & Hypnosis Centers of Ohio** at **419.668.7628** to set an appointment or ask for more information. Many, if not all of your questions, can be answered over the phone.

What other services are available?
Hypnotherapy for:

- Individual - Family - Marital Separation - Divorce Issues
- Stress Management
- Sexual Problems
- Group Therapy & Human Relations Training
- Mental, Emotional & Behavioral Problems
- Life Planning / Career Development Consultation
- Resolving Traumatic Memories / Grief
- Life Coaching
- Eating & Smoking Control
- Organization Consultation
- Chemical Dependency Treatment
- Employee Assistance Programs

Biofeedback for:
High Blood Pressure - Sleep - Pain - Teeth Grinding

Family Consultation & Hypnosis Centers of Ohio

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www.familyhypnosiscenters.com
Questions@FamilyHypnosisCenters.com
419-668-7628

Monday - Friday 9 am - 11 pm
Saturday 9 am - 6 pm

Limited emergency services available other times
Fee based on family income and size

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Privacy and Confidentiality Guaranteed

Traumatic Memory

Questions and Answers about Resolving Traumatic Memories

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*It will take you about 5 minutes
to read this pamphlet.
Is your peace of mind worth 5 minutes?*

- What is Traumatic Memory?** Any information gathered and retained by your subconscious during an unpleasant event.
- What is it caused by?** A traumatic memory may stem from sexual molestation, physical or emotional abuse. Or it may also be the result of something like the anger in a mother's voice that wounds the heart or the look of displeasure in your father's eye that permeates your very soul. It is unresolved grief.
- What if I can't remember much about my childhood?** It's not uncommon for someone who has experienced trauma to block it out. (It's not that you can't remember; you're not able to recall it at this time). By the method of "resolving traumatic memory", a special type of hypnosis, the closed doors of your subconscious will open, allowing the memories to come forward.
- What if I'm afraid to know the truth?** Remember, whatever has happened to you in the past has already happened. Many of our actions and reactions today are influenced by all the information stored in our subconscious. By freeing up this information, we also free ourselves from guilt and other negative feelings of unresolved grief about what happened. (Whatever it is, it can't hurt you again.)

How do I know if I have traumatic memories?

If you are a survivor of an alcoholic or abusive parent, experienced war or other disaster, if you have lost someone through death or divorce or suffered some type of indignation that (still) affects your self esteem, then it's likely you have traumatic memories. (In the case of childhood trauma these feelings are classified as a "wounded child within." Such memories are often partly or completely subconscious - outside usual awareness.)

Unresolved Grief Quiz

Mark those that apply to you:

- _____ 1. Do you have thoughts that are hard to get rid of?
- _____ 2. Do you cry easily and/or feel more sensitive than other people?
- _____ 3. Do you ever feel like you have a lump in your throat?
- _____ 4. Do you have frequent aches and pains?
- _____ 5. When upset, do you feel it in your body? (e.g. a hollow feeling or perhaps a knot)
- _____ 6. Do certain sounds, colors or smells have a negative effect on you?
- _____ 7. Do you have vivid recall of a time or day in your life that was unsettling?
- _____ 8. Do some places bother you? (e.g. crowded room, the dark etc.)

- _____ 9. Do you sometimes feel like nobody understands you?
- _____ 10. Do you have an urge to hurt yourself or someone else?
- _____ 11. Have you had a problem holding down a job or continuing a long-term relationship?
- _____ 12. Have you often felt different from everyone else?
- _____ 13. Even though you are an adult, do your parents still influence your decisions?
- _____ 14. Is your childhood a blank?
- _____ 15. Do you remember your past differently than members of your family?
- _____ 16. Do you feel "stressed out"?
- _____ 17. Do you not feel well, even though your doctor can find nothing wrong?
- _____ 18. Do you often feel irritable for no reason, and/or overreact in anger?
- _____ 19. Did you move a lot when you were young?
- _____ 20. Were you ever close to someone who died and/or do you seem to have unusually strong feelings about death?

_____ TOTAL

SCORE:

If you marked more than five questions, it is likely that you have unresolved grief.