

TRAUMA HEALING GUIDE

A close-up photograph of a firefighter's hands. The firefighter is wearing a red helmet with a yellow stripe and reflective yellow and silver stripes on their gear. They are holding a white, folded cloth or towel. The background is a plain, light-colored wall.

UNDERSTANDING TRAUMA
WITH HEALING EXERCISES

GERALD KIESMAN

Healing Trauma Guide Spotlight

Louanne Davis



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