

The background is a watercolor illustration of a beach scene. The top half shows a deep blue ocean with white-capped waves breaking onto a sandy shore. The bottom half is a light tan beach with a few dark, rounded stones. The overall style is soft and artistic.

FROM THE DIRECTOR OF
THE TRAUMA CERTIFICATE PROGRAM AT SOMATOPIA

the
healing
trauma
workbook

unlock the secrets to mending the soul's
wounds with a comprehensive roadmap to
healing trauma

Albert Wong, PhD

Healing Trauma Guide Complete Workbook

Amanda Armstrong



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