

UNDERSTANDING & HEALING FROM PTSD

How We Support Your Journey from Trauma to Transformation

What is PTSD?



PTSD (Post-Traumatic Stress Disorder) arises when you've experienced or witnessed a traumatic event and your body/mind stays in a heightened state of alert.



It isn't only for combat veterans—trauma can result from many kinds of events.



Symptoms persist beyond a month and interfere with daily life, relationships, and well-being.

Common Signs & Symptoms



Are you experiencing any of these?

- ✓ Persistent irritability, anger, agitation, and hostility.
- ✓ Exaggerated startle response (e.g., loud noises triggering fear).
- ✓ Severe anxiety is affecting daily functioning.
- ✓ Flashbacks, nightmares, mental intrusions that disrupt peace.
- ✓ Loss of interest or pleasure in activities you once enjoyed.

How It Can Impact Your Life



Unresolved PTSD may lead to...

- ✓ Constant anger, especially toward those closest to you.
- ✓ Intrusive thoughts or flashbacks interrupting school/work/family time.
- ✓ Hyper-vigilance, jumpiness, difficulty relaxing.
- ✓ Decline in physical health & mental wellness.

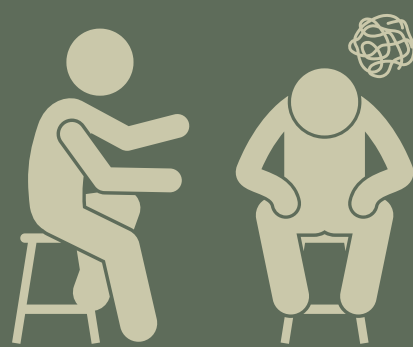
What You're Longing For



Imagine life feeling different

- ✓ Feeling more like "your old self" without constant dread.
- ✓ More patience, kindness, less reactivity in your relationships.
- ✓ Healthy coping skills instead of substances or destructive patterns.
- ✓ Restful sleep, ease in your body, and presence in your daily life.

How We Can Help



Our trauma-trained therapists guide you through this journey

- ✓ Expert trauma/PTSD specialists.
- ✓ Complimentary matching consultation.
- ✓ Flexible insurance/reimbursement support.
- ✓ Specialized trauma modalities (CBT, EMDR, Somatic, IFS).

Getting Started



Ready to take the first step?

- ✓ You don't have to do this alone.
- ✓ Reach out: schedule your no-cost matching call.
- ✓ It's safe, confidential, and you'll be supported every step of the way.

BOOK YOUR COMPLIMENTARY MATCHING CALL TODAY.

CALL : 416-883-3001 | EMAIL : INFO@THERAPYVILLA.COM

WWW.THERAPYVILLA.COM

DISCLAIMER "IF YOU ARE IN CRISIS, PLEASE CALL 911 OR NEAREST EMERGENCY".