



# **You Can't Just Snap Out Of It: The Real Path to Recovery From Psychological Trauma: Introducing the START NOW Program**

*J Douglas Bremner, Lai Reed*

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Psychological trauma can put a stranglehold on your life. Childhood abuse, car accidents, sudden death of a loved one, the list goes on and on. You try and put things in the past and forget about them, but it can be hard to move on. Your friends and family may tell you to "get over it," "move on," and "just snap out of it." You try, but it's not that easy. The more they tell you things like that, the worse you feel, because now you are a failure, in addition to everything else. But there is a better way. We have developed a program that will let you take charge of your recovery from psychological trauma. START-NOW is an easy acronym that spells out eight point plan to recovery. It lets you be in charge, and it won't cost you an arm and a leg. Taking charge of your own recovery from psychological trauma is a powerful tool. This seminar will cover the points in the recovery program outlined by psychiatrist and stress researcher J. Douglas Bremner, MD, in his new book *You Can't Just Snap Out of It: The Real Path to Recovery From Psychological Trauma*. We will cover a number of ways you can get on the road to self recovery from psychological trauma, like stress reduction techniques, meditation, mindfulness training, and anxiety reduction strategies, as well as changes in lifestyle that can improve your mood and how you feel about yourself. We also offer tips to partners and families to help them understand what you are going through. The START-NOW program has easy to remember point to help you on the path to recovery, teaching principles like seeking safety, talking about trauma, learning altruism, and many others. So what are you waiting for? START NOW!

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