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## June 2016 eNewsletter



Trauma affects many people we love - from soldiers to rape and abuse survivors to accident survivors and many others. There are things we can do to support them in their recovery. For starters, you can help them be calm by learning what makes them feel safe and use calming music, scents, touch and a gentle tone of voice. Read some more helpful tips in this newsletter. We also have an article from a holistic trauma nurse and a fun self-care activity to try this month. We hope you will find this issue helpful and encourage you to visit our blog for other expert advice.

All best wishes,

Brian Berman, MD  
Professor, Family & Community Medicine  
Director, Center for Integrative Medicine  
University of Maryland School of Medicine

## On Our Blog

## Working as a Holistic Nurse in a Trauma Setting

Being a holistic trauma nurse is both rewarding and challenging. Donna Audia, RN tells us what it's been like for her.

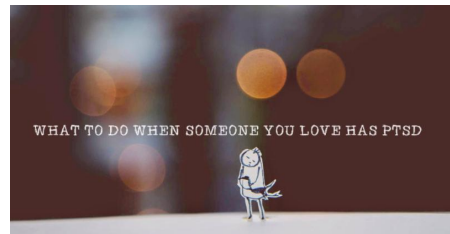
[Read more here](#)



## What To Do When Someone You Love Has PTSD

Most people have heard about Post Traumatic Stress Disorder but what do you do for someone who has it? Dr. Delia Chiamonte offers great suggestions.

[Read more here](#)



## Word Collage: A Self-Care Activity

Try this fun activity to relax and care for yourself this summer using pen and paper or cutouts from magazines or newspapers.

[Read more here](#)



## Upcoming Events



Register now for Sunday, September 11 - Saturday, September 17, 2016.  
Click the image for details.

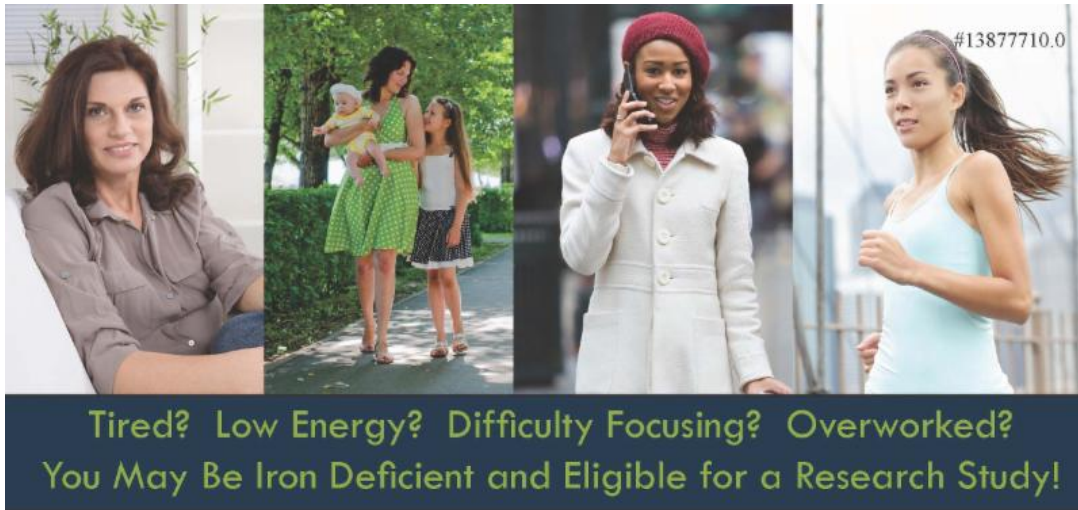


- [Pediatric Massage Certification](#) | August 25 & 26, 2016
- [Touch Therapy for Liddle Kidz™ with Cancer](#) | August 27 & 28, 2016
- [Touch Therapy for Liddle Kidz™ with Trauma](#) | August 29 & 30, 2016

## Research Studies - Now Enrolling

Click the images for details.





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