



Laureen

Biography

Daughter, sister and friend. Writer, speaker, manager and volunteer presenter.

Diagnosis

For most of my life, I wouldn't allow people to touch me. Without realizing it, I was avoiding triggers of memories from my childhood.

When several stressful events occurred in my adult life, I started having flashbacks. I was hospitalized and diagnosed with PTSD and dissociation. I experienced depersonalization, anxiety, psychosis, phobias and thoughts of self-mutilation and suicide.

I was able to heal under the guidance of a psychiatrist. We used holistic therapy, shamanism, folk healing, ego state therapy and body awareness.

Recovery

Have a specific goal for recovery and an idea of how you want to feel and experience life. Partner with your mental health professional to develop your recovery plan.

Today I am medication-free and fully recovered. I keep healthy through meditation, exercise, energy work and good nutrition. I'm able to sustain healthy relationships in my personal and work life and even speak to others about holistic psychiatry and the importance of choosing to be healthy.

