Empowering Healing: Overcoming PTSD to Reclaim Fulfillment

By Vikki Jones, Founder and CEO of VMH Publishing

Statement of the Problem: Post-Traumatic Stress Disorder (PTSD) significantly affects individuals, especially women, influencing their relationships, careers, and self-esteem. Understanding trauma's multifaceted nature is essential for effective recovery.

This presentation explores the role of choice in healing, showcasing how informed decisions can transform trauma. Practical strategies will be shared, including self-assessment, mindfulness, and boundary-setting. Scientific research shows that the emotional release from journaling can lower stress and anxiety, improve immune function, and enhance overall physical and emotional well-being. Writing helps us confront challenging and painful experiences, facilitating healing.

Conclusion & Significance: Participants will learn to create a roadmap for fulfillment by setting personal goals and cultivating a growth mindset. This session underscores that trauma does not define one's future; with the right tools and support, individuals can reclaim their narratives and thrive. By equipping attendees with knowledge and practical strategies, this presentation aims to inspire resilience and empower healing journeys toward a life rich in purpose.



Recent Publications

Vikki Hankins (Maiden Name) - Trauma - VMH Publishing **Overcoming Trauma** Paperback – November 16, 2023

Prioritize Self-Care Guide & Workbook
Paperback – September 1, 2022
by Vikki Jones (Author) _ VMH Publishing

The Power Within Paperback – March 9, 2024 by Vikki Jones (Author) - VMH Publishing

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BIO:

Vikki Jones is the Founder and CEO of VMH Publishing, where she is dedicated to promoting mental health awareness and empowering individuals to overcome trauma. With a passion for supporting women, Vikki combines her expertise in publishing with a deep understanding of the psychological impacts of trauma, particularly Post-Traumatic Stress Disorder (PTSD).

Through her work, she emphasizes the importance of informed decision-making and personal growth in the healing journey. Vikki is a strong advocate for the therapeutic benefits of writing and journaling, highlighting how emotional release can enhance overall well-being.