

Location

Trauma Recovery treatment is provided primarily in Quincy at PRS' office at 711 E. Main Street, but can be arranged in Chester, Greenville or Portola as necessary.

Private Pay

Trauma Recovery treatment is a fee-for-service, private pay program.

Visa, MasterCard, Discover, and American Express are accepted along with cash and check payments.

Trauma Education trainings and workshops are individually quoted for each organization based on individual needs. Call today to discuss what type of education event would be best for your organization and to get a quote.



“Trauma is personal. It does not disappear if it is not validated. When it is ignored or invalidated the silent screams continue internally heard only by the one held captive. When someone enters the pain and hears the screams healing can begin.”

— Danielle Bernock, *Emerging with Wings: A True Story of Lies, Pain, and the Love That Heals*



Plumas Rural Services is an equal opportunity service provider and does not discriminate against clients on the basis of race, color, religious creed, ancestry, national origin, age, sex (including pregnancy, childbirth or related medical conditions), marital status, sexual orientation medical condition or disability.



Trauma Recovery & Education

Providing organizational training & trauma recovery treatment to individuals suffering the effects of trauma in their lives.

711 E. Main Street
Quincy, CA 95971
530-927-5873

www.PlumasRuralServices.org

Symptoms of Trauma

Unresolved trauma can fuel:

- Hypervigilance
- Emotional Reactivity
- Sensory Overstimulation
- Poor Sleep Patterns/Bad Dreams
- Eating Disorders
- Substance Abuse & Addiction
- Struggles with Intimacy & Affection
- *And more...*

Treatment Can Help

Trauma recovery treatment helps you address trauma, whether in the recent or distant past, and understand the role it plays in current daily life. You will learn to identify, interrupt and change problematic mindsets and behaviors rooted in that trauma using techniques such as:

- Awareness of body, thought, and emotions
- Mindfulness
- Expressive art
- Exploration of triggers and reactions

The Trauma Recovery Practitioner will work with you one-on-one to achieve your goals.

Is Treatment Right for You?

In the immediate aftermath of a traumatic event, related symptoms are common for a period of time. When symptoms persist without relief, it may be time to work with an expert trained to help you on your path to healing.

If you're unsure whether treatment is right for you, the Trauma Recovery Practitioner can discuss it with you.



Staff

Julie Hatzell

Trauma Recovery Practitioner

- Advanced Certified Trauma Practitioner
- Certified in Trauma Informed Expressive Arts Therapy
- Addiction Recovery Paraprofessional Counselor (30 yrs)
- Domestic Violence Counselor
- Paraprofessional Parenting Counselor: home-based critical intervention

Education Services

PRS offers organizations education about trauma, its effects on staff and clients, and how to develop and deliver trauma-informed services.

Topics may include:

- What is trauma, types of trauma
- How trauma affects the brain & behavior
- What trauma looks like in children & adults
- How trauma impacts learning, relationships & other activities
- Compassion fatigue, vicarious trauma & self-care
- Tools to create trauma-informed services

Trainings specific to the following areas are already developed: trauma-informed schools, parenting, and customer service. Training can be developed or tailored to meet your organization's specific needs.

Contact Us

For more information about our Trauma Recovery treatment or education services, to schedule an appointment or training, or to make a referral, please call (530) 927-5873.