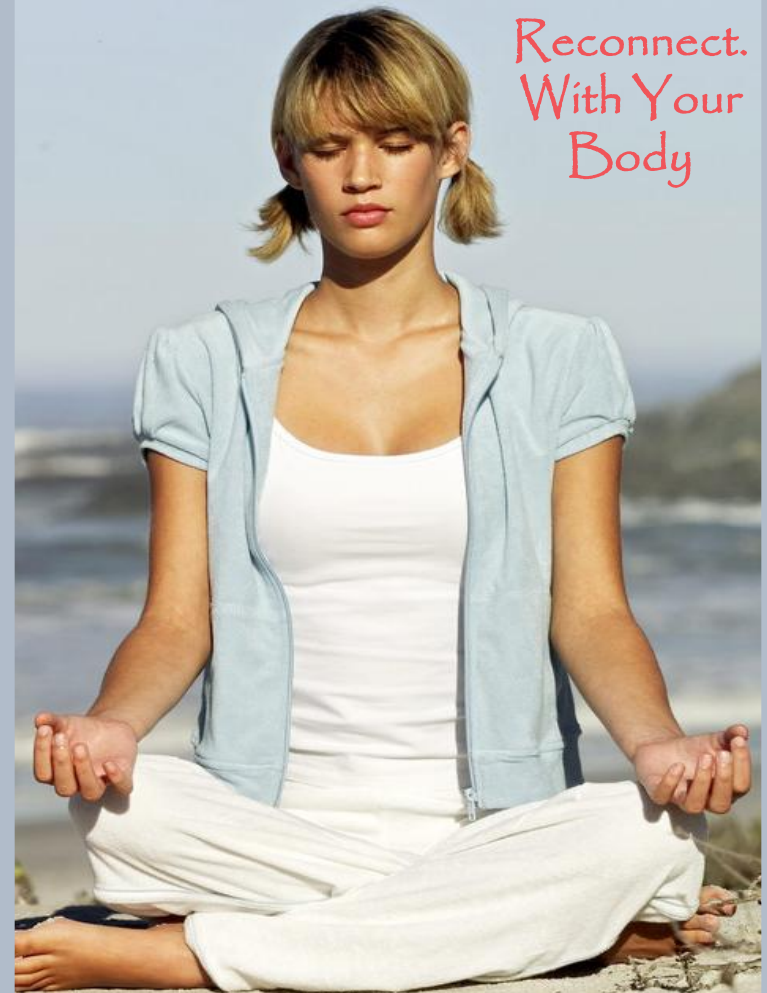


VAST
Wellness Center
Integrative
Health
PTSD
Program
Through
Complementary
Therapy and
Holistic
Counseling

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Reconnect.
With Your
Body



VAST Wellness Center
Integrative Health
For PTSD

Aurora, Colorado

If you have gone through a traumatic experience, it is normal to feel lots of emotions, such as distress, fear, helplessness, guilt, shame or anger. You may start to feel better after days or weeks, but sometimes, these feelings don't go away.

"Posttraumatic Stress Disorder (PTSD) is an anxiety disorder that can occur following the experience or witnessing of a traumatic event. A traumatic event is a life-threatening event such as *military combat*, natural disasters, terrorist incidents, serious accidents, or physical or *sexual assault in adult or childhood*."

Symptoms of PTSD?

- Repeatedly thinking about the trauma.
- Being constantly alert or on guard.
- Avoiding reminders of the trauma.

As a group of Complementary and Traditional Practitioners from the VAST Wellness Center, our objective is to provide each client with an option to experience healing as a "whole body" approach, where every aspect of the client whether it is physical, mental, emotional, or spiritual will be taken into account.

Our group will help guide each client in actively taking a path of learning, understanding, and discovering the healing that takes place in their bodies by treating the "whole person".

Complementary and alternative medicine, commonly known as CAM, focuses on maintaining a healthy lifestyle, treating illness and preventing disease. It embraces a holistic approach to wellness, addressing our physical, emotional, and spiritual needs through a variety of therapies and practices, many of which are centuries old.

Our group has put together discounted packages so you will be able to experience healing with a whole body approach using whole medical systems such as Acupuncture, mind-body medicine with Rubenfeld Synergy and Hypnotherapy, manipulative and body-based practices with Massage, and energy medicine in Reiki in addition to holistic counseling.

Are you ready to start to walk down the path of healing?