

## AGAINST ALL ODDS

COMPLEX TRAUMA IS DEFINED AS TRAUMA THAT OCCURS DURING CHILDHOOD AND TEENAGE YEARS AND SERIOUSLY INTERFERES WITH THE DEVELOPMENTAL STAGES OF AN INDIVIDUAL. COMPLEX TRAUMA IS USUALLY THE RESULT OF POLYVICTIMIZATION (MULTIPLE FORMS OF ABUSE) LIKE PHYSICAL, SEXUAL, AND EMOTIONAL. INITIATED BY SO-CALLED "GONE, FARCE," SURVIVORS OF COMPLEX TRAUMA OFTEN EXPERIENCE A BELIEF SYSTEM OF INNOCENCE, A LOSS OF TRUST IN HUMANITY, AND A SENSE OF Helplessness AND Despair. ADDITIONALLY, THEY STRUGGLE WITH MAINTAINING TRUSTY MINDSETS AND INTERPERSONAL RELATIONSHIPS, AND THEY HAVE TO NAVIGATE EXCERPTIVE PAINFUL MEMORIES. THE ENDLESS WORKLOADS THAT COMPLEX TRAUMA SURVIVORS FACE DURING THEIR CHILDHOODS ARE DEDICATED TO JOURNEYING THROUGH SEVERE HINDRANCES IN POST-TRAUMA LIFE.

FINDING HOPE FROM THE CRUSADE OF CHILDHOOD TRAUMA IS THE FIRST AND MOST COURAGEOUS STEP TO RECOVERY. THE SECOND STEP IS INVOLVING SUPPORTIVE THERAPEUTIC LEADERS WHO CHILDHOOD POST-TRAUMA LIFE, OR THOSE BEHAVIORAL AND CO-MORbid, SURVIVORS DESERVE COMPASSION, LOVE, UNDERSTANDING, AND SUPPORT FROM THE PEOPLE AROUND THEM—ESPECIALLY MEMBERS OF THE MEDICAL, SOCIAL SERVICES, AND LEGAL COMMUNITIES. BECAUSE OUR RELIABLE VALUATION OF THESE COMMUNITIES MAY FURTHER HIGHLIGHT PROFESSIONALISM IN COMPLEX TRAUMA TREATMENT BY BRACKETING THEM ON THE PROPERTY PREDICTED TO SPARK FURTHER INHIBITION. PROFESSIONALS CAN CONTRIBUTE LONG-LASTING AND MEANINGFUL OUTCOMES, TRANSFORMING LONELY, TRAUMA SURVIVORS' FIGHT TOWARD FREEDOM.

AGAINST ALL ODDS—A DESPERATE PLEA FOR HUMAN CONNECTION AMONG BRIAN THE DOCUMENTARY DIRECTOR, THE SCIENTIFIC LEARNERSHIP, AND THE SURVIVOR COMMUNITY. IT BRIDGES THE KNOWLEDGE GAP BETWEEN SURVIVORS IN THEIR JOURNEY TOWARD A POST-TRAUMA LIFE, AND THE PURPOSE THAT ENTHUSES ALONG THE WAY. IT IS DESIRABLE FOR ALL READERS TO BETTER UNDERSTAND COMPLEX TRAUMA AND HOW TO CONNECT WITH COMPLEX TRAUMA SURVIVORS THEIR OPEN-MINDEDNESS, COMPASSION, AND KNOWLEDGE.



"THE JOURNEY I AM CURRENTLY ON IS MY HUSBAND'S MASTERY OF PAIN. SINCE HE HAS UNWILTINGLY WALKED THIS PATH, HE HAS BEEN AT IT ALONE. HE FEELS DISMAYED AND ALONE. HE LIVES THROUGH MY EYES TO RECOGNIZE THOSE WHO CAN DO THEIR BEST TO REASSURE AND HELP. I DON'T FEEL I CAN SUPPORT HIM ALONE. HE WOULD PREFER ME TO INTERVENE IN HIS JOURNEY, BUT I DON'T WANT TO DO THAT. I DON'T WANT TO TAKE OVER HIS JOURNEY. I DON'T WANT TO TAKE OVER HIS LIFE. I DON'T WANT TO PROJECT THE FAIR BLINDS OF HOPE, WHICH MANY OF US HAVE PUT UP FROM DAY ONE THAT SAY HE IS NOT HURT AND ISN'T ACTUALLY HAVING A STRUGGLE."

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CAROLA HAUER, PHD

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A DESPERATE PLEA  
FOR HUMAN CONNECTION