

Soundbite Script – Coping with Trauma during the Holidays

Therasa Yehling, Manager, OSF Strive Trauma Recovery Center

“For other folks it can be the holidays that triggers something because maybe you’ve lost a loved one to gun violence or you witnessed losing that person and you’re going into the holidays and yes, it happened 20 years ago; that doesn’t mean you’re not going to have the symptoms and side effects of that loss.”

Therasa Yehling, Manager, OSF Strive Trauma Recovery Center

“When we talk to people we actually try to get a full picture of the trauma in their lifetime. We’re finding that some people have had a lot of trauma starting in their childhood all the way up. Really then, a new traumatic event can stir up all the old stuff that maybe we’ve never dealt with and the symptoms of trauma have rendered that person almost catatonic and they can’t function.”

Therasa Yehling, Manager, OSF Strive Trauma Recovery Center

“I think people have to understand that if someone is going to talk about something very traumatic, such as sexual assault, domestic violence, human trafficking – it is important that they talk to someone who can help them through that process, therapeutically. Otherwise you’re helping them to relive it and that’s about it.”

Therasa Yehling, Manager, OSF Strive Trauma Recovery Center

“I just think whether you have trauma or not everyone needs to be gentle and kind and supportive.”