

The Sum of My Parts

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What Happened?

- “Panic Attacks”
 - Not really panic attacks
 - Coming together of pain, panic and vague awareness that something happened



What I learned

- DID
 - What it was
 - Structure of my system
 - What caused it
 - Didn't have much memory of my past
 - Thought I had a happy childhood but didn't remember most of it













What Helped

- Relationship
 - Built Trust
 - Illustrated the process
 - Committed to my healing
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What Helped

- Incorporated what was important to me
 - Exercise
 - Art
- Holistic
- Let me take over when I was ready
- Medication

Random Thoughts...

- Integration – just happened
- How we know ourselves – we are the same just know more about ourselves
- Knowing what we didn't remember – we have already survived it once
- Incredibly creative
- Peer support