



Allied in  
Child Abuse  
Prevention  
and Healing

# Healing from Child Abuse

## What it may mean to survivors

### | What is healing?

- A very personal journey with various goals including :
  - Being able to **function** on a daily basis
    - Function **physically** by having a safe place to live in, and maintaining a reasonable health – away from heavy medication
    - Function **mentally** by becoming aware of and having control over reaction to triggers, and developing trustworthy relationships
    - Function **financially** to fulfill the basic needs from food to paying all bills

Each survivor has a different view on what healing will be and this definition will also evolve over time.



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## What it may mean to survivors

### | What is healing?

- Beyond functioning ....
  - Being able to enjoy life
  - Find a purpose
  - Get an education and develop skills
  - Find peace within
  - ...

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