



## Loss, Trauma, and the Healing Power of Counselling

### Understanding the Impact—and Finding Support

Loss isn't always about death. It can stem from experiences that left us feeling unseen, unsafe, or disconnected—from others or from ourselves. Whether rooted in childhood or adulthood, loss and trauma often intertwine in ways that shape how we feel, relate, and cope.

#### Loss in Childhood

Early losses—whether through bereavement, neglect, separation, or emotional absence—can leave lasting imprints. You might have experienced:

- A parent or caregiver who was emotionally unavailable
- Sudden changes like divorce, relocation, or family breakdown
- Feeling "too much" or "not enough" in your family system
- Loss of safety, stability, or a sense of being truly known

These experiences can affect how you regulate emotions, form relationships, and respond to stress later in life.

#### Loss in Adulthood

Adult losses can echo earlier wounds or bring new challenges:

- Bereavement, miscarriage, or relationship breakdown
- Loss of identity through illness, career change, or ageing
- Estrangement or unresolved family dynamics
- Feeling stuck in patterns of grief, anxiety, or self-doubt

Sometimes, adult loss reactivates unresolved pain from the past—making the present feel heavier than it "should."



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## How Counselling Can Help

Counselling offers a space to gently explore the layers of loss and trauma—past and present. It's not about reliving pain, but about:

- Making sense of your emotional responses
- Understanding how your nervous system has adapted
- Reconnecting with parts of yourself that feel lost or silenced
- Building safety, trust, and emotional resilience
- Honouring your story with compassion and care

Using trauma-informed approaches like **Polyvagal Theory** and **Somatic Experiencing**, I support you in working with both the emotional and bodily impact of loss. Together, we can explore how your past shapes your present—and how healing can begin.

## What You Might Notice

You may be carrying grief that's hard to name. Counselling can help if you:

- Feel overwhelmed, numb, or disconnected
- Struggle with self-worth or boundaries
- Experience anxiety, shame, or chronic tension
- Find relationships difficult or exhausting
- Sense that something from the past is still "unfinished"

## You Deserve Support

Loss and trauma are not signs of weakness—they're part of being human. You don't have to carry them alone. Counselling can help you feel more grounded, more connected, and more like yourself.