A trauma is an injury of the physical body, the psyche, and the social relations.

Violence and abuse are the most common forms of trauma that women experience. Violence against women is an intricate weave of trauma, crisis, and healing. In these cases, we try to cover up particular words, to lose them or to forget them with a vengeance, along with the events they signify. Different pain leads to different stories. In these cases, we try to cover up particular words, to lose them or to forget them with a vengeance, along with the events they signify.

Some painful experiences can be turned into stories we share with others. In these narrations, they have the potential to connect to other words, and to link our lives to those of others, to open the doors of isolation. Such stories are ready to be shared and to be heard by others. It is a way to connect to others who might have similar experiences and to begin to heal.

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