

I created this "dip chart" or "Likert scale" to show the parallel paths that untreated trauma and untreated addictions follow. In early recovery feelings begin to emerge and emotional numbing dissipates. If the multidimensional issues are not addressed concurrently there is a high risk of relapse because the emerging overwhelming emotions push the person back to the bottom of the vicious cycle.

On the upside is how healing on multiple dimensions; body, mind, spirit, and emotional levels can help survivors get beyond the vicious cycle of pain.

The three dimensional treatment originally addressed with this scale was the combined strengths of providing integrated Traditional healing, mental health services and addiction treatment. The three dimensional coping skills are mental, physical and spiritual.