

**YOU CAN'T ADDRESS WHAT YOU DON'T
ACKNOWLEDGE.
YOU CAN'T ACKNOWLEDGE WHAT YOU DON'T
RECOGNIZE.
YOU CAN'T RECOGNIZE WHAT YOU HAVEN'T
BEEN EDUCATED TO SEE.**

Dr. Raquel Martin

Why is understanding trauma crucial in relationships?

Improves Safety & Trust

Deeper Emotional Intimacy

Aids in Healing

Enhances Communication

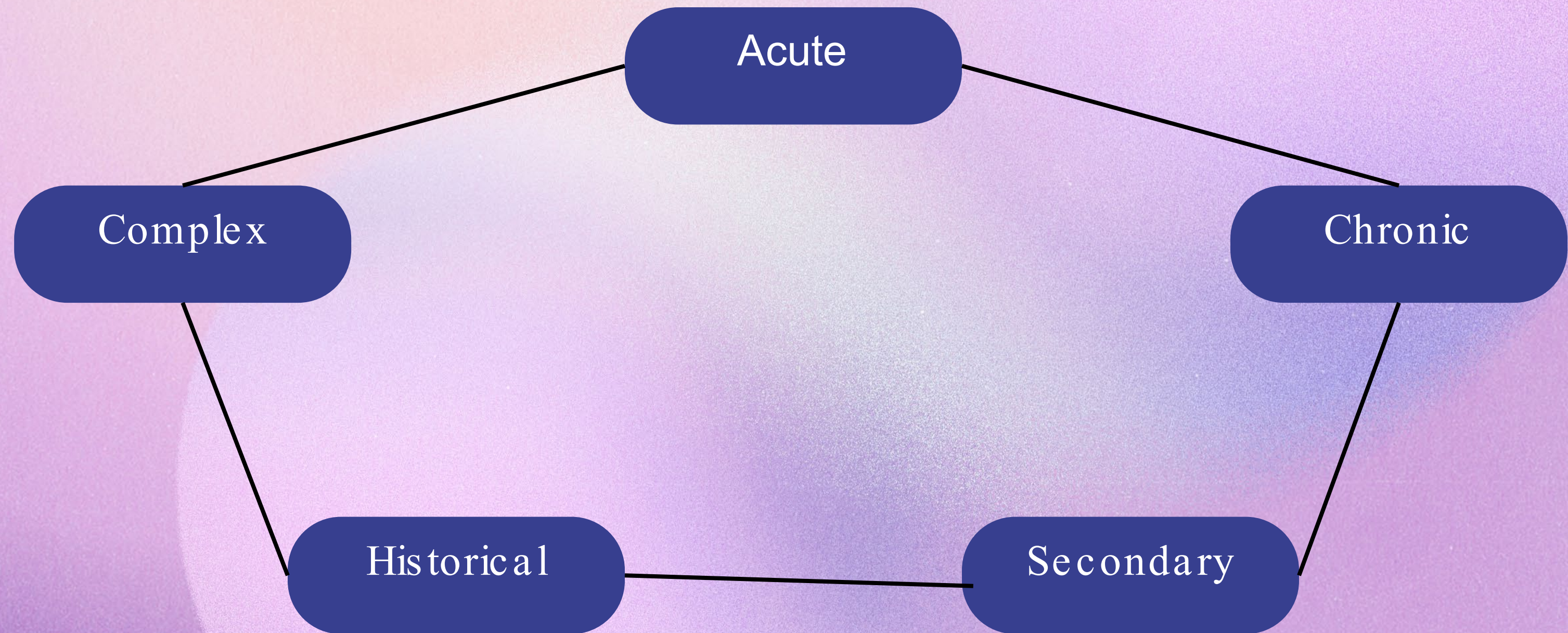
Promotes Individual & Joint Growth

Promotes Relationship Longevity

What is Trauma?



Types Of Trauma



**What are the
signs of trauma?**

Signs of Trauma

Avoidance

Struggle with Intimacy

Trust Issues

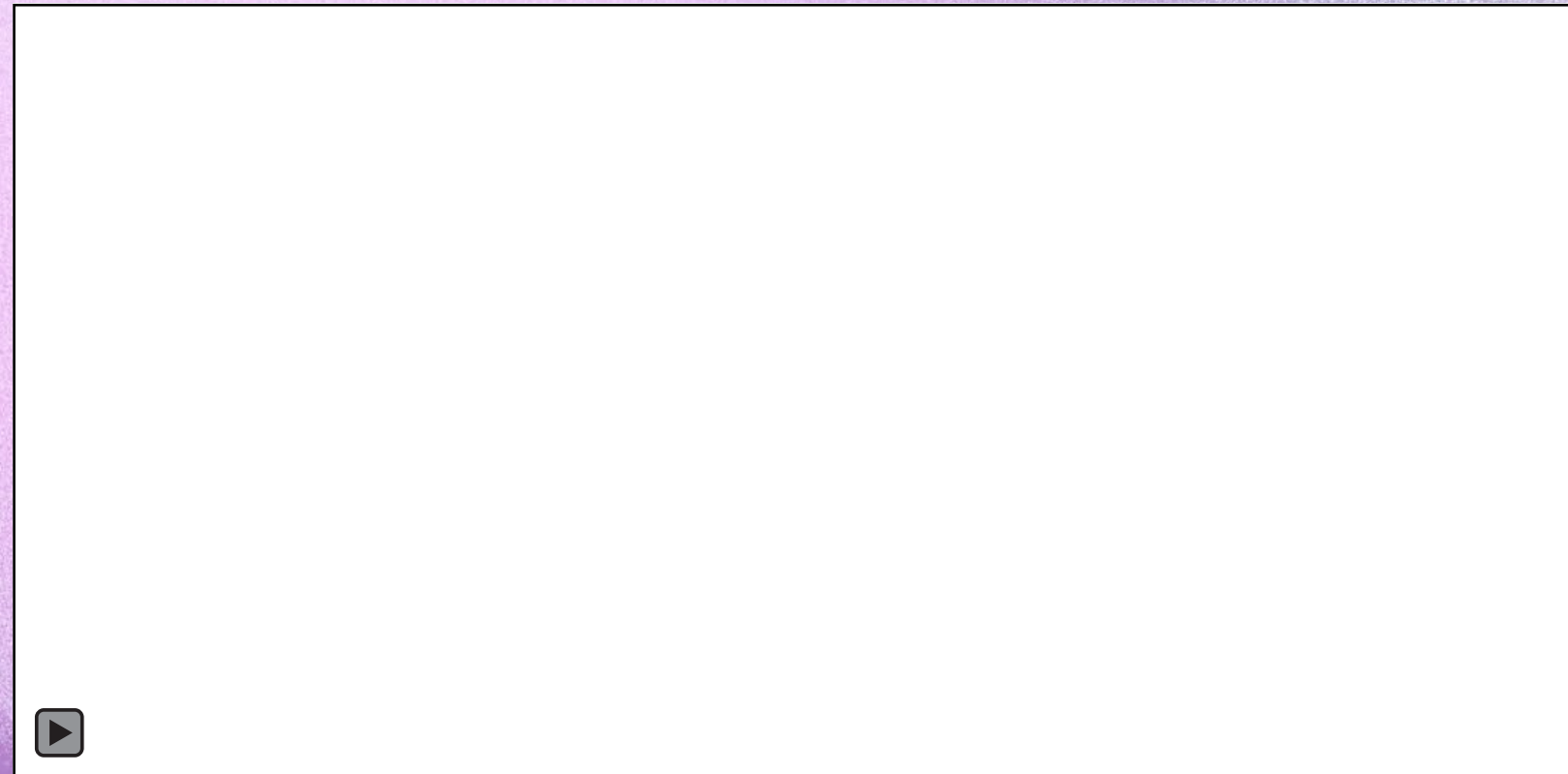


Signs of Trauma

Low Frustration Tolerance

Control Issues

Hypervigilance



The Power of Validation

SELF

Emotional

Mental

Behavioral

**How Do I
Advocate for
myself in my
relationship?**



Healthy communication techniques

**LOVE DOESN'T
REQUIRE
SUFFERING**



Dr. Raquel Martin

Licensed Clinical Psychologist, Professor,
Scientist, & Podcast Host

E: admin@raquelmartinphd.com

@RaquelMartinPhD



MIND YA MENTAL

with Dr. Raquel Martin



Dr. Raquel Martin