

Welcome

i'm so happy you're here!

ROUTED IN RECOVERY TRUTH PURPOSE BEYOND TRAUMA Newsletter



Hi, I'm Heline,
So glad you could join me.

As we embark on this healing journey together, know that you are safe, seen, and deeply valued. This is a safe space where we can explore the roots of your story, gently unravel the threads of trauma and nurture the essence of who you are.

[WHERE TO START](#)

Why your story matters to me. My journey from cycle breaker to therapist

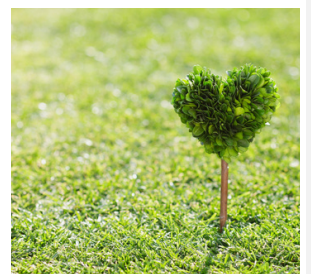
Written by Heline Freea

14th July 2025

As a trauma survivor and cycle breaker (CPTSD), my journey has been profoundly shaped by my lived experiences. I write from a heart-centred place, allowing the rawness of my recovery and the emotional truths I've encountered to guide my words. This approach is not just about recounting events; it's about being relatable, acknowledging survivors' injustices and frustrations of feeling let down by inadequate care, something that often gets lost in the confines of academic writing, which inhibits their healing.

While my background as a therapist equips me with a solid understanding of psychological theories and outcome-based practices, I believe that healing transcends the clinical. My aim is to bridge the gap between the heart, mind, and spirit, integrating personal narratives with psychological and spiritual insights to create a richer understanding of trauma and holistic self-healing. Due to a lack of finances and family support, I understand from my own experiences of recovery how isolating it can be. Traditional therapies fall short especially for survivors of CPTSD. I have seldom felt understood by professionals, and had to become my own self-healer, and I developed my own route to regulation after decades of suffering in silence, confused and misdiagnosed with inadequate support from the health system.

I strive to illuminate the hidden roots of trauma, survival adaptations, habits, and triggers whilst considering development and self-healing threads that are often underrepresented in some academic literature. Offering lived experience and psychological perspectives that resonate with parts of my healing, considering the chronic sorrow and dysregulation that can still grip you in the space of becoming.



My journey of recovery has:

Spanned four decades
feeling isolated and
misunderstood.

I know what it's like to feel
unseen. Traditional talking
therapies often fell short in
addressing my CPTSD.

So, I took it upon myself to
become my own self-healer,
exploring holistic methods that
resonated with different parts of
me.

We are not a diagnosis.
We have experienced trauma,
You can rise from anything
You can create new habits
Break trauma cycles.

Routed in Recovery
is much more than therapy.
It is a reunion with your true self
A revival of your heart, soul and
spirit.

Unravel the roots that keep you
stuck in cycles of repeated pain.

Release the false identity
Reclaim your true self,
rooted in strength, clarity,
intention, and purpose.



Registered Member 93127
MBACP

Re-route
Re-wire
Recalibrate
Rebalance

I've been a therapist for
28 years specialising in
modern slavery, sex
trafficking, domestic
abuse, family
scapegoat and
narcissistic abuse

Why you need Routed in Recovery?

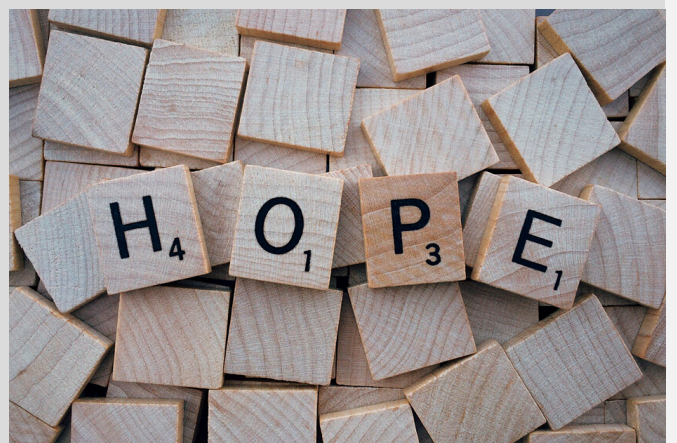


Because there is light at the
end of the tunnel



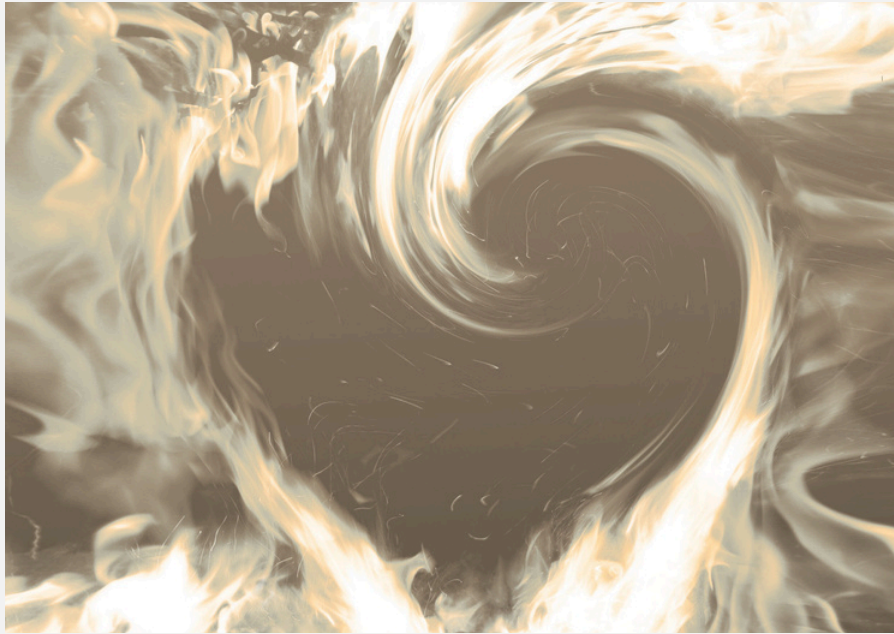
We will help you hold the weight of your
journey honouring your experiences

It is grounded in healing, a gentle
space for hope, strength, transformation
nurturing your spirit, illuminating your
way forward to becoming
unapologetically **YOU** voicing your truth



Rerouted Recovery

The aftermath of unraveling



The enormity of trauma can create a profound internal conflict, where the survivor feels both the weight of their experiences and the desire to reclaim their life. Often remaining trapped and overwhelmed by these conflicting emotions, leading to a state of paralysis, making it difficult to move forward or envision a future free from the shadows of the past.

Routed in Recovery Beyond Trauma will delve into the unburdening process, exploring how survival instincts can both shield us and inhibit our ability to connect with our core self. I will be integrating principles from Internal Family Systems (IFS), neuroplasticity, shadow work, and incorporating energy and somatic healing practices to create a comprehensive healing experience.

Then you can begin to reclaim your narrative and find strength in becoming un-apologetically you living with greater ease.

Break the cycle Time to re-route



Rediscover
your passions
and purpose.

Reignite
the spark
within you

Renew
your commitment
to living authentically.



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Finding the light

Turning wounds to wisdom

The aftermath of trauma is a complex landscape, often marked by confusion and isolation. Many individuals find themselves suffering in silence, feeling unheard and unseen, while the world around them continues, oblivious to their inner turmoil.

Recovery from trauma is rarely a linear journey; it is a winding path filled with challenges that can feel insurmountable.

The search for healing often leads us to mental health services that, while well-intentioned, can sometimes fall short of providing the support and understanding we desperately need

Have you ever felt let down by the very systems that are meant to help you?

Healing frequently takes root not just in therapy sessions, or moments of crisis, but in simple acts of compassion and connection- the genuine presence of another.

The disappointment of feeling abandoned in your time of need can deepen the wounds of trauma, leaving many to grapple with their struggles alone.

Yet, within this challenging landscape lies the seeds of hope, growth and empowerment that can be rooted.



Step into your power

Re-write your narrative

This empowering network is for you if:

- You are tired of suffering alone and being silenced.
- want to reclaim a sense of agency and address trauma symptoms. in your body easing the cycle of stress & anxiety
- Want to reclaim your narrative becoming unapologetically you speaking your truth
- Are in active in your recovery and want to gain deeper psychological healing insights and new perspectives
- Have already reached some level of awareness and regulation, but need support managing ongoing grief
- Daily routines and healing tools for triggers.
- are curious about unraveling the hidden roots of trauma.
- Want to break free from self-sabotaging patterns that persist?
- Want to engage in the art of self-healing, mind, body, spirit



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A Heartfelt Haven

Rooted together – for belonging truth and connection



Here, you will find a nurturing, safe space where your experiences will be valued and understood, connecting with individuals who share similar journeys, sharing your stories, and discovering the healing power of truth, empowering you to reclaim your sense of peace, identity, and purpose. This is for the cycle breakers and self-healers already active in recovery.

You will have the freedom to speak your truth unapologetically, tuning into all that's been suppressed to be validated.

As you journey inward, you will honour your story, be held in compassion, leading you towards greater meaning and self-fulfillment in your life.

We will create a sacred space where you can:

- Remember your voice.
- Break the chains of silence
- Discover liberation.
- This is your homecoming.

In that freedom, you will find a deeper purpose one that will ignite your passion, fuel your spirit and help you to thrive.

Rise up Recovery awaits



What I Offer:

- Recovery Tools- that empower you to take charge of your healing.
- Psychological Deep Dives- into survival adaptations and beliefs that keep you stuck.
- A journey that Transports You to Greater Self-Love, connecting with your spiritual and soulful essence.
- Real Raw Truths that confront the challenges we face, guiding you from Despair to Hope

join us

[READ MORE](#)

Discover freedom in every step to becoming unapologetically you anchored in truth

What Routed in Recovery offers you

immediate access to

- Daily wellness tips/free downloadable recovery guides
- Step by step deep dives into identity trauma and integration
- Recovery Tools- that empower you to take charge of your healing
- A journey that Transports You to Greater Self-Love connecting with your spiritual and soulful essence
- Real Raw Truths that confront the challenges we face, guiding you from despair to Hope
- Encouragement to unlock your own wisdom & self-healing abilities
- Monthly well-being and trauma recovery newsletters
- Neuro-scientific and somatic energy healing methods
- Immediate access to online events- giving voice to your story.

Coming soon

Monthly live mental health discussions,

A 6 month well-being and trauma regulation skills programme of psychological and relational deep dives, re-routes to safety , nervous system recalibration, empowerment and self-love

Short courses delving into inner child, shadow and soul work

Podcasts

Engaging discussions centred around evolving through trauma, mental health and wellbeing

If you would like to be considered for an exclusive lifetime membership /group 4- Individual yearly 30 minute psycho-therapy embodied healing/Neuro-sculpting sessions-podcast opportunity to share your story -Click below.

£12.00 monthly subscription

please subscribe



Routed in recovery and purpose beyond trauma

Services

- 15 min Insight call £15
- 30 min trauma-informed Education embodied healing £60
-neuro-sculpting sessions
- Educational consulting
- Training
- Team/clinical supervision



Helene Freea

**Tauma educator, trainer and
clinical supervisor**



Please send me an email with some brief information about the service you are interested in. Alternatively, click on the booking link below. Also, if you would like the opportunity to share your story in the future and be part of a recovery skills group email me at info@traumatriggertherapy.com or subscribe and i'll add you to the wait list.



*“If only you could
read my mind...”*

*Mental health struggles are
often isolating and unseen
“A deep suffering in silence”*

Remember in this space your
voice is valued and you are truly
seen

Let's talk...

TTTREE
Therapy &
training services

FOR CONSULTATION, CONTACT US:
info@traumatriggerttherapy.com