



The Trauma Zone: Trusting God for Emotional Healing

PhD, R. Dandridge Collins

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In the eerie, classic television show *The Twilight Zone*, characters caught in the zone wanted nothing more than to return to normal life. Similarly, survivors of severe trauma fall into the trauma zone--place they want to escape from, but can't. Some cannot move forward, feeling stuck and victimized by their past. Some cannot see the present, living in denial of what has happened. And others cannot learn from the past, repeating the same mistakes over and over. All of them find they can't cope with the overwhelming emotions that accompany trauma. Collins, a licensed psychologist with over 25 years experience in the healthcare field, believes there is a way out of the trauma zone and back to emotional health, a path he outlines in this practical, encouraging book.

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