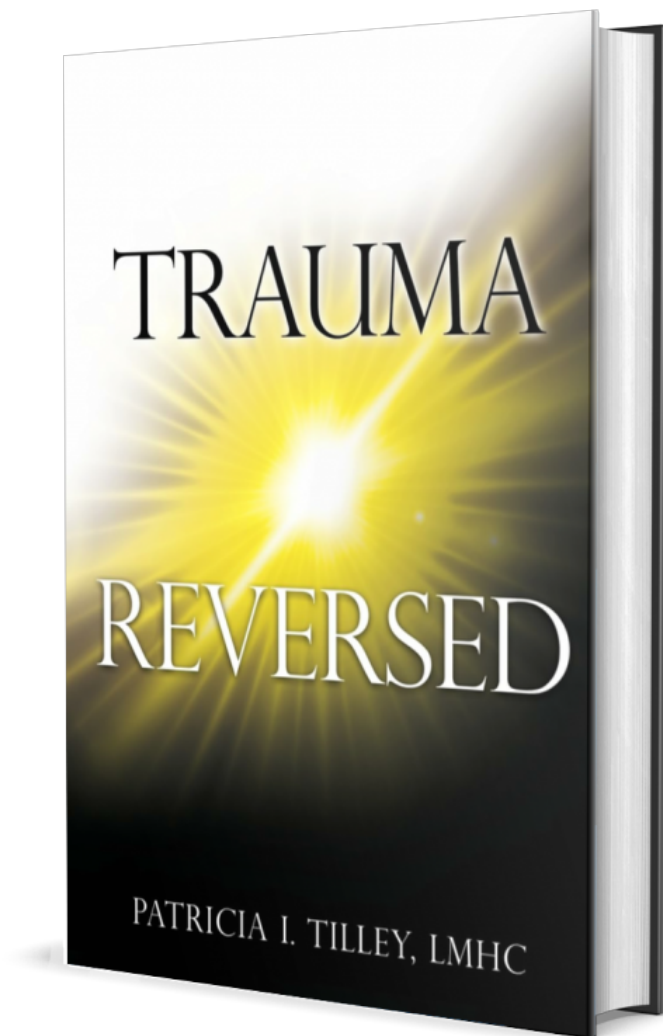


Patricia I. Tilley, LMHC Releases 'Trauma Reversed, Offering More Than 400 Practical Strategies for Healing and Recovery

New self-help and Christian mental health guide empowers readers to overcome trauma, rebuild resilience, and embrace hope.



Titusville, Florida Jun 30, 2026 (Issuewire.com) - Patricia I. Tilley, LMHC, a licensed mental health counselor, associate pastor, veteran, and experienced trauma recovery advocate, announces the release of her new book, Trauma Reversed. It is a comprehensive self-help guide designed to help individuals overcome the lasting effects of trauma and reclaim their lives.

Drawing upon nearly 25 years of counseling experience and her own personal journey through

adversity, Patricia Tilley presents readers with more than 400 practical coping strategies aimed at addressing emotional wounds, anxiety, depression, post-traumatic stress, shame, guilt, and the many challenges that often follow traumatic experiences.

Unlike traditional self-help books, *Trauma Reversed* combines evidence-based coping techniques, faith-centered encouragement, reflective exercises, and inspirational storytelling. Each chapter includes actionable strategies and response pages that allow readers to create a personalized healing plan at their own pace.

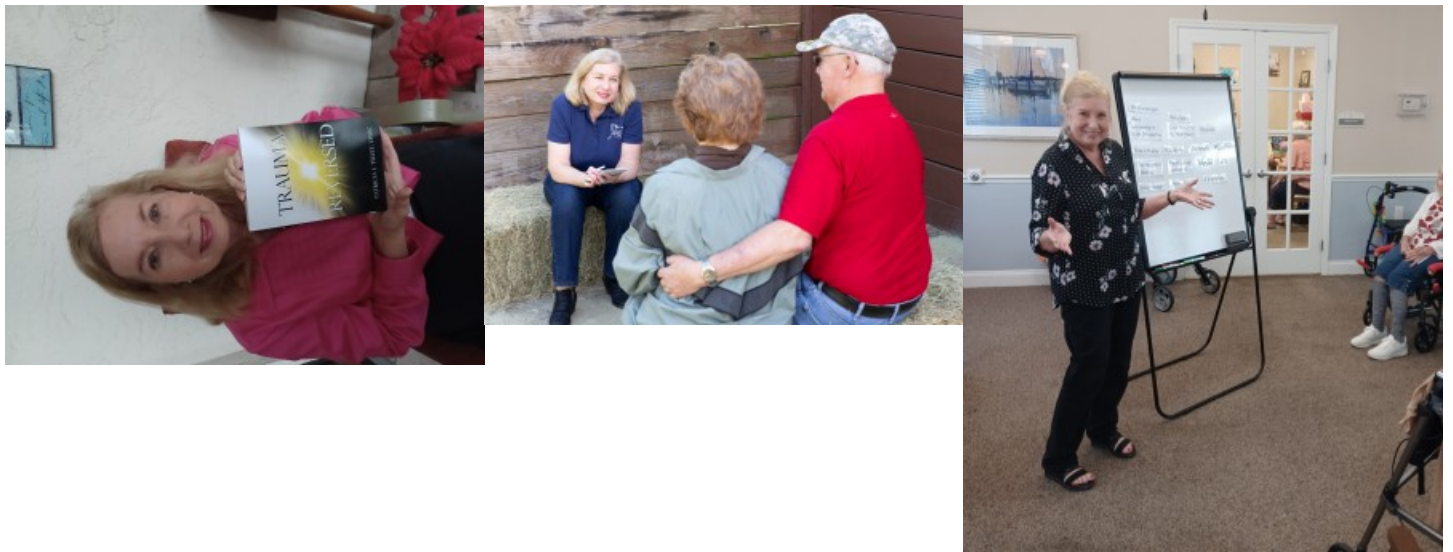
“Trauma took from you, but this book gives back to you. The coping skills shared throughout these pages are practical, achievable, and designed to help individuals rebuild their lives, find peace, learn resilience, and trust once again.”

Through creative lessons inspired by nature and Scripture, readers encounter symbolic figures such as the leech, camel, elephant, and phoenix, each offering meaningful insights into recovery, perseverance, and personal growth. The book encourages readers to move beyond pain and suffering toward renewed purpose, confidence, and inner harmony.

The book addresses post-traumatic stress recovery, building resilience and trust, setting healthy boundaries, overcoming shame and guilt, self-care, emotional wellness, moral injury, secondary trauma, and personal growth through faith.

Patricia I. Tilley, LMHC, is a licensed mental health counselor, associate pastor, veteran, speaker, and author with nearly 25 years of experience helping individuals overcome trauma, depression, anxiety, and life challenges.

She is also the author of *Stuff Your Fanny Pack with Coping Skills*.



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Source : Author Patricia I. Tilley

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