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# **From Trauma to Power: Empowering Women Through Education and Resilience**

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## **Abstract**

### **From Trauma to Power: Empowering Women Through Education and Resilience**

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Violence against women is a pervasive issue that demands urgent action and effective strategies for prevention and healing. My presentation, "From Trauma to Power: Finding Strength After Violence," addresses the psychological and emotional impacts of violence and abuse, sharing insights from my educational self-help book rooted in true-life experiences.

The objective of this talk is to empower participants with tools and knowledge to recognize and combat the roots of violence against women. By emphasizing communication and emotional expression, we can cultivate an environment for children that promotes healthy relationships and early intervention strategies. I will outline methods from my initiatives, including workshops and storytelling, aimed at engaging both children and adults in meaningful conversations about prevention.

Results from my programs show a positive shift in understanding emotional health and an increased willingness to discuss challenging topics related to violence and abuse. The presentation will include a figure illustrating the correlation between early emotional education and reduced incidents of violence, as well as a table summarizing participant feedback and outcomes from my workshops.

## **Keywords**

Violence against women; Trauma; Empowerment; Prevention; Emotional health; Communication; Resilience; Workshops; Early intervention; Healing

**Recent Publications:** Minimum 3 publications to be included (Not mandatory)

1. **Trauma** Paperback – November 16, 2023 by Vikki Hankins (Pen and Maiden Name) - VMH Publishing

2. **Prioritize Self-Care Guide & Workbook** Paperback – September 1, 2022 by Vikki Jones (Author) - VMH Publishing

3. **The Power Within** Paperback – March 9, 2024 by Vikki Jones (Author) - VMH Publishing

## **Biography**

Vikki Jones is the Founder and CEO of VMH Publishing, where she is dedicated to promoting mental health awareness and empowering individuals to overcome trauma. With a passion for supporting women, Vikki combines her expertise in publishing with a deep understanding of the impacts of trauma, particularly Post-Traumatic Stress Disorder (PTSD).

Through her work, she emphasizes the importance of informed decision-making and personal growth in the healing journey. Vikki is a strong support for the therapeutic benefits of writing and journaling, highlighting how emotional release can enhance overall well-being.

### **Presenting Author Details and Photo**

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Recent Photograph:

