

Insights & Wisdom

*What Are Some Things I Have Learned
From These Experiences? My Creed*

A Childhood Sexual Abuse Survivor

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Trauma is about
grief and loss – it is
important to give
myself the gift to
grieve what could have
been and to celebrate
what is and what can
be.





Triggers are
avenues for
healing –
they provide me
with
opportunities
to learn
mastery in the
present.

My body is my
sacred vessel to be
treated gently with
kindness and self-care.





The Present is what I
have. I can choose to be
absorbed in fear or doubt; or I
can believe that I have the
right to be joyful and at peace.



I Appreciate
and respect my
life and the lives
of my loved ones
as timeless
journeys of our
souls.





To receive a complementary introductory Well-being and Life Coaching session with Germaïne, please feel free to email her at

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If you would like more information on Dr. Germaïne Tizzano's trainings and consultations on childhood sexual trauma, intimate partner violence, trauma and substance use disorders, resiliency, and wellness, please feel

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