Local Rehab and Mental Health Facility Investigates the Effects of Unresolved Childhood Trauma

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July 3, 2025: Largo, FL - Clean Recovery Centers is a local rehab and mental health treatment facility that recently published a blog investigating the effects of unresolved childhood trauma. Their program utilizes a unique three-phase approach to care that addresses all facets of addiction, mental health, and co-occurring disorders.

?You may wonder why you respond to stress the way you do or why you always feel on edge all the time.

Because the brain is in its developmental stage during childhood, emotion and behavior regulation directly correlate with the environment, both seen and experienced personally. Unresolved childhood trauma has a negative impact on these systems, resulting in higher chances of developing a mental health condition or substance use disorder,? the article reads.

Adverse childhood experiences (ACEs) are traumatic factors that occur between birth and age 17. They can be physical, emotional, or mental and can affect how you feel about safety and security. Common ACEs include neglect, abuse (physical, emotional, sexual, or mental), homelessness, poverty, and substance use.

ACEs can be experienced or witnessed. As an example, a child seeing physical abuse being done to a parent or friend is considered just as traumatic as experiencing the abuse themselves.

Similar to adult traumas, childhood trauma can occur in different forms. Acute trauma refers to a singular traumatic incident, such as being in an accident or experiencing the sudden loss of a family member. Complex trauma occurs when multiple traumas happen over a length of time, such as violence paired with parental substance use. Interpersonal trauma happens when events take place to or around the child. This includes abuse, neglect, family dysfunction, and exposure to substance use. Lastly, experiential trauma refers to situations that happen in front of the child, such as a natural disaster, accident, or bullying.

?The emotional aspects of childhood trauma continue to manifest in adulthood due to the brain being in a developmental stage. Children learn from their environment and those around them; therefore, experiencing a trauma directly reflects how they react emotionally. One of the main emotional responses involves safety. Children who are abused or neglected are likely to have a higher sense of their surroundings and the people around them. It is difficult for them to trust and form relationships as their safety is the top priority.

Self-blame is a common emotion with childhood trauma. Feelings that the situation was their fault or that they deserved what happened to them become ingrained, resulting in depression that continues into adulthood. Childhood trauma increases the risk of suicide for this reason,? the article continues.

Healing from childhood trauma is possible, but it requires patience, ongoing support, and a willingness to confront the experience directly. Trauma therapy offers a structured and compassionate environment to start this journey. Common and effective therapeutic approaches include prolonged exposure therapy, cognitive behavioral therapy, eye movement desensitization and reprocessing, rapid-resolution therapy, and group therapy.

Clean Recovery Centers specializes in quality treatment options for substance use disorders, mental health conditions, and co-occurring cases. They have certified rapid resolution therapists onsite at each location, providing trauma-focused care. Each location also has housing options certified by the Florida Association of Recovery Residences (FARR), ensuring each person who comes into their facility a safe space to sleep. All meals are also provided, putting the sole focus on recovery and moving forward.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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Clean Recovery Centers - Largo

Located on the beautiful Suncoast of Florida, Clean Recovery Centers provides the full spectrum of treatment options for drug and alcohol addiction.

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