



ACADEMY OF HOPE

Email: info@academyofhopglobal.org | Phone: 1-800-838-6817

CTSD: A Realization of Promise Through a New Clinical Premise

The Academy of Hope has identified/conceptualized a new clinical category of stress disorder, henceforth known as Continuous Traumatic Stress Disorder (CTSD), and has similarly ideated and innovated a dialogic behavioral therapeutic strategy to help individuals move beyond the often debilitating, and/or reactive, outgrowths of CTSD to practical and pragmatic pathways of healing.

In expanding the theoretical and clinical frameworks of how we view trauma, the Academy of Hope has developed a blueprint for cognitive transformation and transcendence, most specifically for those caught in the cyclical and varying forms of continuous trauma that have cross-generational plagued disenfranchised and underserved communities.

In doing so, the Academy of Hope both recognizes and endorses the notion that PTSD (Post-Traumatic Stress Disorder) is a proven, empirical, clinical diagnosis on a continuum of stackability. As such, our program is a clinical trauma response that acknowledges not only that stackability, but also the insurmountable challenges of it, if left unchecked.

The program is built on the simple premise that trauma is a phenomenon of constancy and as such, for those caught in the impact zones of incarceration, gang engagement, addiction, hunger, homelessness, joblessness and other similar mazes of anxiety and hopelessness, trauma is continuous and never fully behind those it afflicts.

Our dialectic, interactive pedagogy understands this truth and our approach of engagement, empowerment, and collective safe-space unpacking is designed to create the self-empathy, self-efficacy and self-strength for people to navigate a road forward that helps them discover both exit strategies from trauma, and entry points to healing, allowing them to become the best versions of themselves.

Contact Andre Norman, CEO Academy of Hope, to learn more.
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