



# Unspoken Secrets: a journey of poetry through recovery

*Rhonda K Hamilton*

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## **Unspoken Secrets: a journey of poetry through recovery** Rhonda K Hamilton

As a trauma survivor Rhonda has decided to share the poetry she wrote while undergoing intensive therapy. In order to find peace of soul and healing of the inner world of chaos she had encountered during the process, she turned to writing. The poetry could be triggering for those who have survived the trauma of childhood sexual abuse. It is her hope to share with others that they are not alone in their suffering and to let them know that sharing your secrets can be a path to healing.

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