



Finding Wholeness After Trauma: The Role of Alternative Therapies in Healing School Shooting Survivors

By Monica Hamer, CST-T

November 24, 2023



In the wake of a school shooting, the fabric of a community is often torn, leaving a complex web of trauma that extends beyond the reach of traditional healing methods. At CST Partners, we have committed ourselves to a holistic healing approach that transcends conventional boundaries, addressing not only the mind, but also the body and spirit. This approach is rooted in the profound principles of CranioSacral Therapy (CST), a modality that offers a comprehensive path toward recovery, addressing the immediate and long-term effects of trauma.



CranioSacral Therapy, a cornerstone of our therapeutic offerings, is more than a physical intervention. It is a gentle, hands-on approach that accesses the deeper layers of trauma, often held within the body's subtlest channels. By engaging with the nervous system in a gentle and non-invasive way, CST facilitates the release of deeply embedded emotional wounds, offering a route to profound recovery and healing. This method recognizes and honors the interconnectedness of physical, emotional, and psychological health, fostering a dialogue between the body and the mind that is essential for holistic healing.



Our therapy sessions at CST Partners are carefully designed to create a nurturing and safe environment for individuals to process their trauma. Practitioners provide a supportive space where emotional wounds can surface and be safely explored

offering techniques to calm the nervous system and ensure a comprehensive care plan that includes referrals to psychotherapists for ongoing treatment.

The impact of these therapies extends well beyond the treatment room. Community members, including educators, first responders, and other affected individuals who engage in our programs, carry the benefits of these insights into their daily lives. This dissemination of healing knowledge and coping strategies is critical, as it fosters a culture of resilience and mutual support, which is vital for the recovery of a community devastated by such tragic events.



At the heart of our philosophy at CST Partners is a deep belief in treating each individual as a complete entity. We understand that trauma manifests uniquely in every person and that a one-size-fits-all approach is ineffective. Our therapists maintain a state of neutrality, aligning with the client's inner wisdom and pace. This ensures that therapy is tailored to the participant, respecting their inherent capacity for self-regulation and self-healing.

Our commitment goes beyond responding to a crisis; it is a commitment to the resilience of the human spirit and its incredible capacity for recovery and growth. We stand as a beacon of hope, affirming that even in the darkest of times, there is a pathway to recovery and wholeness. We are devoted to supporting each individual's journey, honoring their unique process, and being a part of their steps toward healing.



We encourage others to join us on this transformative journey. Whether through direct participation in our programs, support, or advocacy, every effort contributes to a larger narrative of healing and resilience. Our collective efforts create a powerful impact, reaching every corner where trauma has left its mark.



In conclusion, the work of CST Partners extends beyond responding to the immediate aftermath of school shootings; it represents a profound journey toward understanding, compassion, and illumination. This journey deeply respects the complex nature of human experiences, embracing the interconnected paths of emotional, physical, and spiritual healing. As we continue our mission, our steadfast commitment is to offer unwavering support, and compassionate guidance, and to witness the extraordinary resilience inherent in each individual we encounter.

Through our dedicated efforts, we aim to illuminate a path forward, not just for those directly affected by school shootings but for any community grappling with the daunting task of healing from profound trauma. In doing so, we strive to transform individual stories of pain and loss into narratives of hope, resilience, and collective recovery.



Monica Hamer, CST-T and founder Crisis Support Therapy Partners

Monica Salazar Hamer is a respected figure in alternative healing, integrating CranioSacral Therapy with other therapeutic modalities to address areas beyond the scope of traditional medicine. Her private practice, [Mirashift Therapy](#), has steadily grown in the Dallas metroplex, recently expanding into a larger, serene space. This expansion allows Monica to mentor fellow CranioSacral therapists within her clinic.

Beginning her CranioSacral therapy journey in 2004 with the Upledger Institute International (UII), Monica's dedication to her field is evident in her ongoing advanced training. She is a Techniques Certified CranioSacral Therapist and Certified Teaching Assistant with UII. Her commitment to learning underscores her intention for the well-being of all her clients.

In 2022, Monica's pioneering venture was founding [Crisis Support Therapy Partners \(CST Partners\)](#), a Texas 501c3 nonprofit. This initiative supports the role of alternative therapies in post-trauma recovery after school shootings and now operates service clinics offering CranioSacral therapy in Uvalde, Texas, and Nashville, TN.

Her clinical expertise and educational leadership make her a key figure in both the therapeutic and academic circles of CranioSacral therapy. Monica emphasizes the mind-body connection and advocates for a holistic approach to health. Her methods create a secure, trusting environment for clients at Mirashift Therapy and participants of CST Partners.

A Texan, mother to three young adults, and resident of Dallas with her husband, Monica is known for her joyful spirit and nurturing personality. Her work at Mirashift Therapy and CST Partners enriches the communities she serves, demonstrating her commitment to both individual and collective well-being.

<https://www.theideacrucible.com/articles/monica-hamer-cstt-and-founder-crisis-support-therapy>