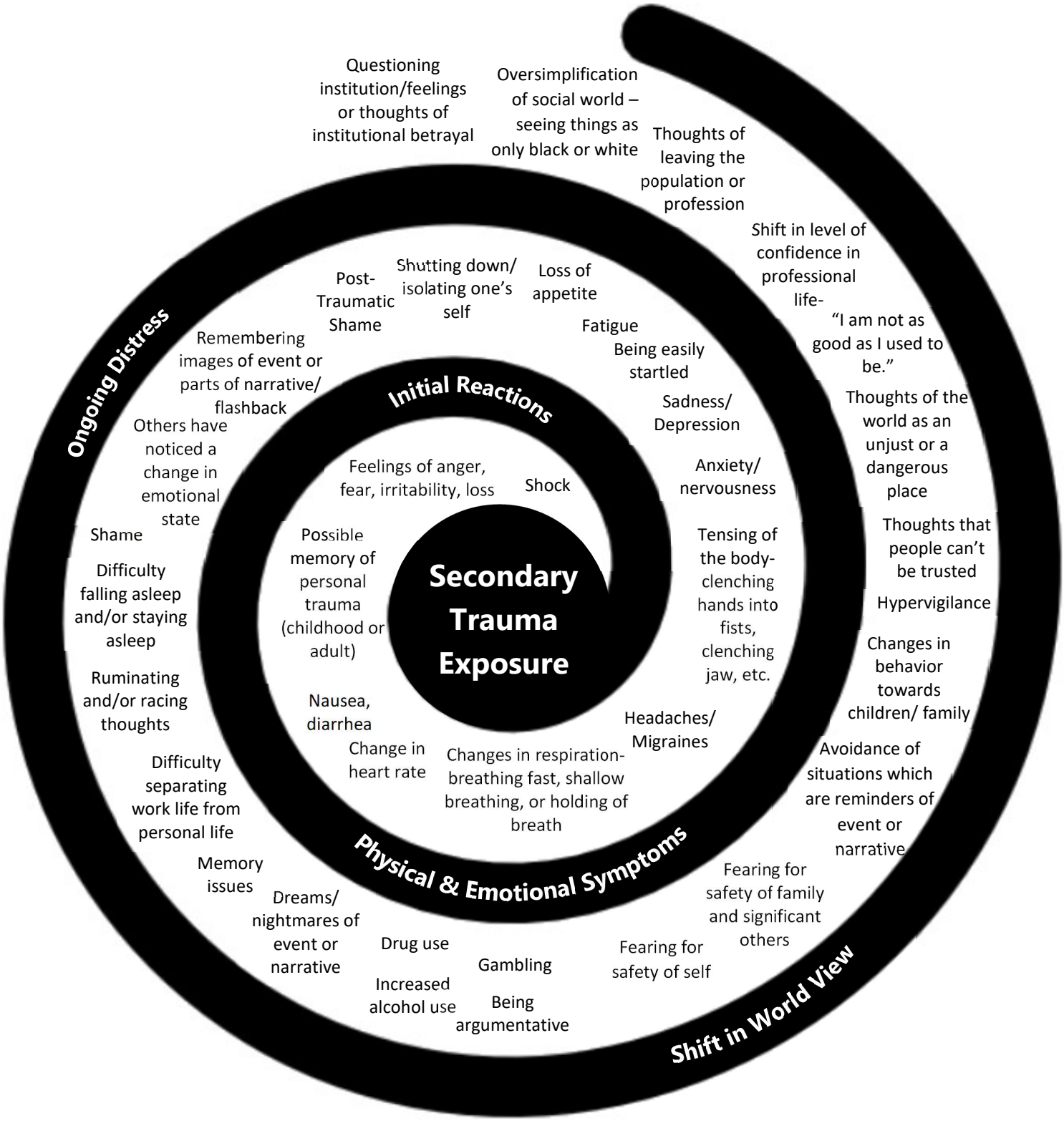
Secondary Trauma Spiral

"I notice…"