



TRAUMA INFORMED THERAPY

WHAT HAS HAPPENED TO ME?

Many of us will experience trauma at some stage in our lives. This may be a one-off event or perhaps following prolonged periods of trauma such as childhood abuse. It is normal for us to experience a sense of threat when something bad happens, but it is when that sense of threat continues long after the trauma has gone that we may begin to struggle.

Debilitating and frightening symptoms can take over lives, with no sense that we can ever be free. This happens when the brain is unable to process the event(s) and results in Post Traumatic Stress Disorder (PTSD) or Complex PTSD (CPTSD) - it is a normal response to abnormal stress and is surprisingly common.

WHAT DOES PTSD LOOK LIKE?

- ⚡ Hypervigilant and jumpy, never feeling entirely safe
- ⚡ Experiencing flashbacks, nightmares, intrusive thoughts - re-experiencing your trauma as though it is happening right now
- ⚡ Avoiding people, places or situations that trigger your fear, reinforcing that fear and finding your world contracting as you withdraw from normal life

WHAT DOES C-PTSD LOOK LIKE?

- ⚡ Difficulty with your emotions, perhaps engaging in risky, violent or reckless behaviour
- ⚡ Feeling depersonalised, dissociated and numb
- ⚡ Difficulty with relationships, struggling to trust and maintain connection
- ⚡ Finding yourself in abusive or dependent relationships
- ⚡ Viewing yourself as worthless and even evil or toxic.

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SO HOW CAN THERAPY HELP?

As a trauma-informed therapist I will work with you not only to process your traumatic events but also to help you to understand your responses now and how to cope more effectively in the present. We will collaboratively work with techniques to help you feel safe and grounded, using some or all of a combination of techniques and approaches including:



Cognitive Processing Therapy (recommended by NICE for the treatment of PTSD)- this is like CBT (Cognitive Behaviour Therapy) and can help us to 'unlearn' negative thought patterns and beliefs.



The Rewind Technique and other methods of processing flashbacks and nightmares so that they are stored as ordinary memory with no strong emotion attached. The Rewind is often called 'closure without disclosure' as it can be achieved without you having to describe any detail to the therapist.



Emotional Freedom Technique (EFT), also known as tapping, to gently process events and emotions without overwhelm and to bring relief from anxiety.



Helping to understand the way the 'trauma brain' is functioning and to learn how to re-evaluate the meaning that we have made of the trauma.

Whilst we can never undo the past, we can work towards enjoying life in the present and the future, without constant reminders of our trauma. If you choose to work with me I will support you with my trauma-informed training and experience as well as the confidential, non-judgmental and empathic space that you deserve to help put your pain behind you.