



## TRAUMA THERAPY

### What is Trauma Therapy?

Trauma Therapy is a specific approach to therapy that recognises and emphasises understanding how traumatic experiences can impact someone's psychological, behavioural, emotional, physical, social and spiritual well-being. Trauma Therapy can help you to explore and address with physical, psychological and emotional impact of trauma on you and your life.

Trauma Therapy is often an integrative approach to therapy and may include exploring the trauma and associated thoughts, feelings, behaviours and physical symptoms associated with the traumatic experience, as well as focus on ways of coping with the traumatic experience and finding ways to cope with it in a more helpful way. As well as potentially exploring the traumatic experience, you will also learn practical ways to alleviate any symptoms and distress related to trauma, with the aim of increasing your quality of life. Some therapists may also incorporate specific techniques from other therapeutic approaches that focus on trauma. Our therapist, Michelle, for instance, can also offer intensive Rewind Trauma Technique sessions for trauma. Our therapist, Amanda, can also offer Clinical Hypnotherapy sessions for trauma too. These may be used alongside therapy and counselling, or as stand-alone treatments. If you are interested in Rewind Trauma Technique or Clinical Hypnotherapy specifically for trauma, please see the relevant sections on the website.

Here's some more information about Trauma Therapy:

- Everyone's experience of trauma is different. There are lots of different types of traumatic experience and what impacts one person may not impact another. We are all different and the focus of therapy is on your unique and individual experience(s). Your experience is important: our therapists can support you will exploring that experience and finding more helpful, less distressing ways of coping with it.



- There are three main types of trauma:
  - **Acute Trauma** stems from a singular traumatic experience, such as an accident, natural disaster or sexual assault.
  - **Chronic Trauma** occurs when a person experiences multiple, long-term and/or prolonged traumatic events. Some examples include domestic violence, bullying, addiction, sexual abuse and long-term illness.
  - **Complex Trauma** is the result of multiple different traumatic experiences. Potential causes can include childhood abuse, domestic violence or civil unrest.
  
- Whatever type of traumatic experience or experiences you have had, you and your therapist will work together to discuss your individual needs and goals for therapy. Remember, therapy is at your pace and can be short or long term. You are in the driving seat and your therapist will support you to make decisions regarding therapy and counselling and the focus of sessions.