



TRAUMA THERAPY

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A FEW CONSIDERATIONS

Office Environment

Therapist Presentation

Building Rapport –Carl Rogers was right!

3 Phase Model of Trauma Treatment – Judith Herman, 1992


- Assessment and Stabilization
- Processing
- Re-Integration



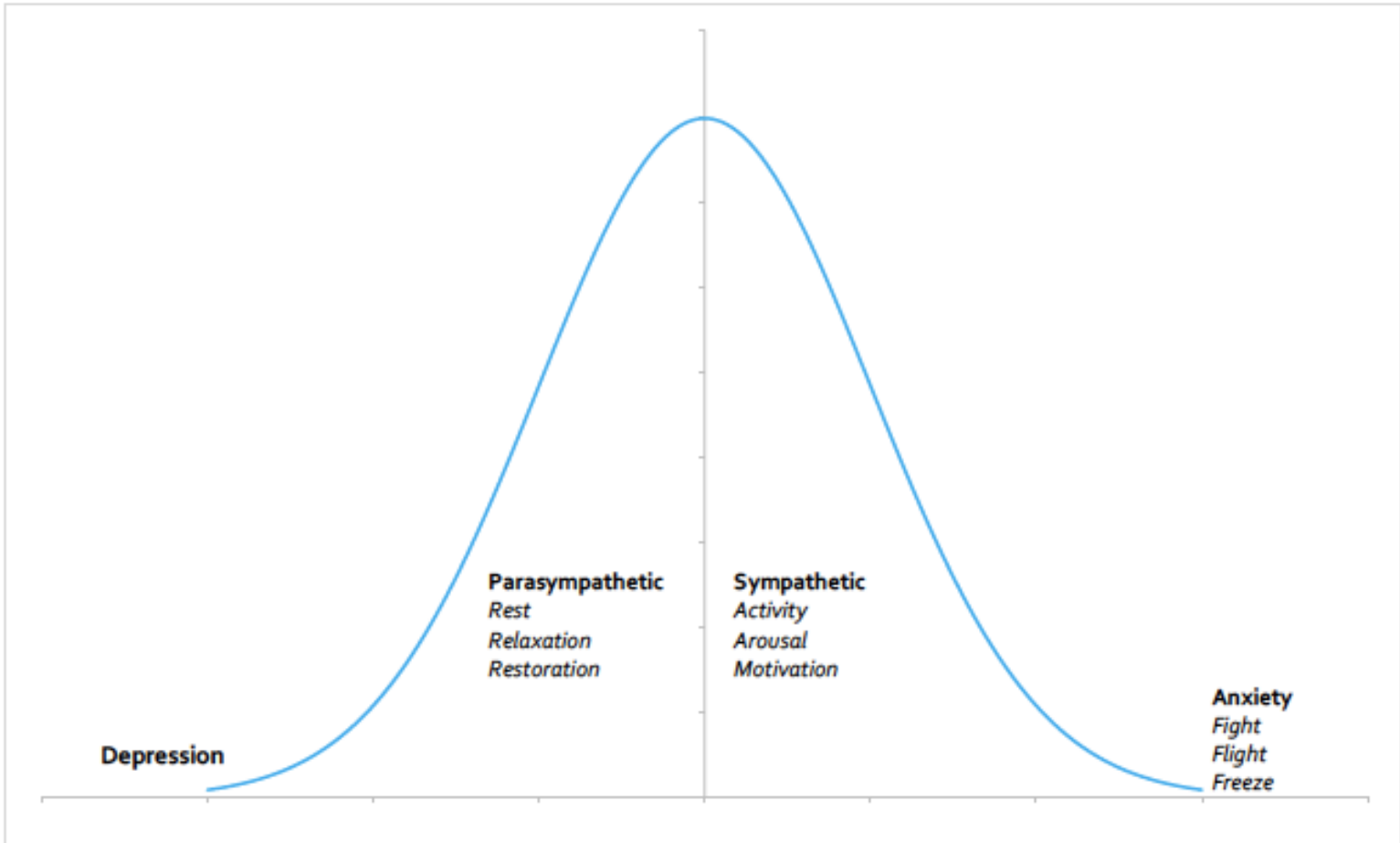
ASSESSMENT

- Purpose of an assessment
- Clinical Interview:

ASSESSMENT: THINGS TO KNOW

- Home
 - Relationships
 - Financial issues
 - Diet
 - Exercise
 - Routine
 - Ability to self sooth
 - Drug and/or alcohol use/abuse
 - Sleep
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Central Nervous System




Judith Herman's 3 Phase Model of Trauma Therapy



Phase 1: Assessment and Stabilization



Things that are very helpful for stabilization:

- Neurofeedback Therapy
 - Meditation
 - Self-hypnosis
 - Heart rate variability training or heart rate monitor
 - Tapping or Emotional Freedom
 - Hand temperature
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PHASE 2: PROCESSING

- EMDR
- Hypnosis
- Tapping/Emotional Freedom

PHASE 3: RE-INTEGRATION

(Only If Safe To Do So)

- Gradual return to work
- Start to drive again (if trauma was a mva)
- Get back into routines

