

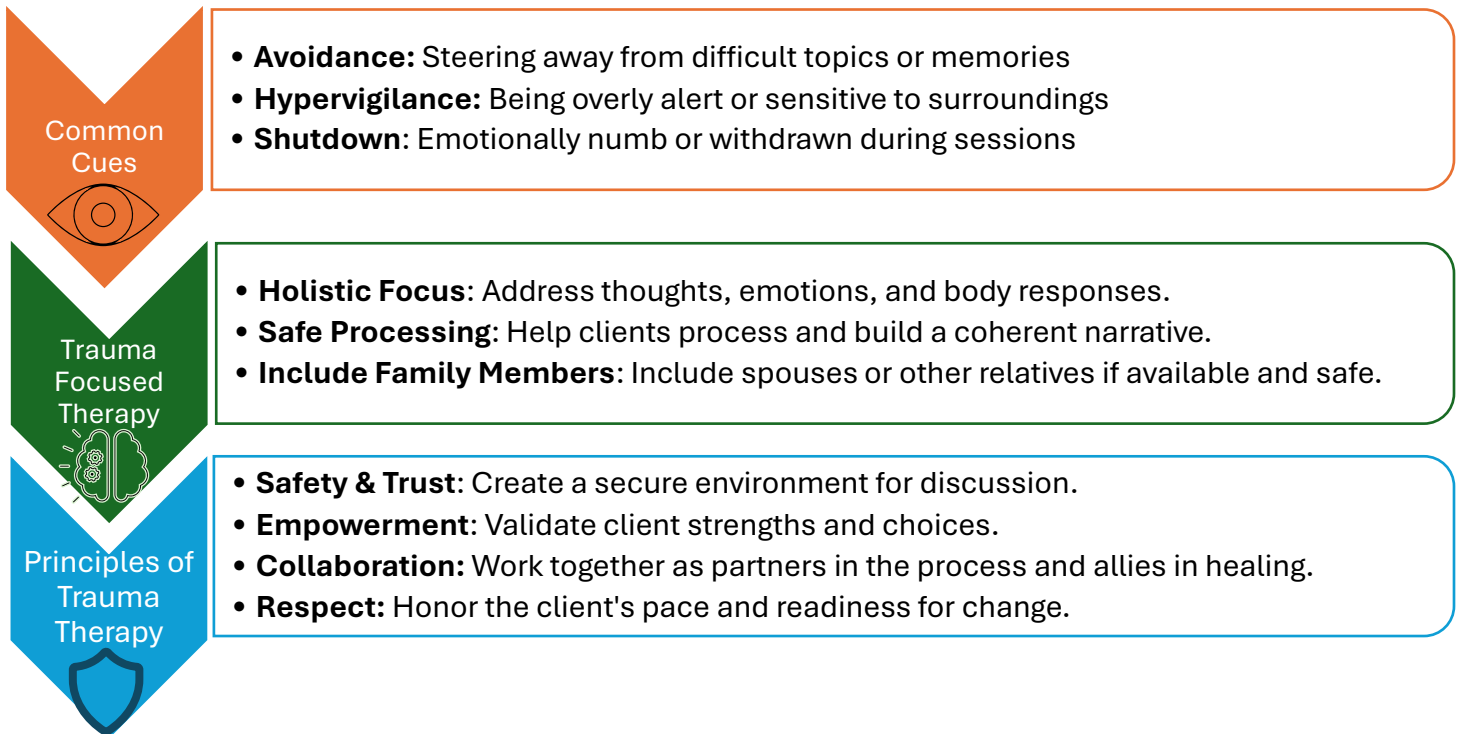
Lowering Barriers to Trauma Treatment

A guide for therapists to identify trauma cues, apply core treatment principles, and maintain self-awareness



Identifying Trauma Cues:

Recognize these signals that trauma is influencing client behaviors.

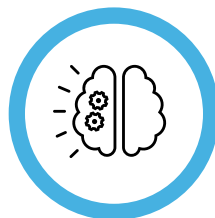


Therapist Self-Awareness



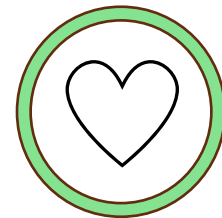
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Effective therapy relies on the therapist's ability to reflect on their own reactions.



Reflect

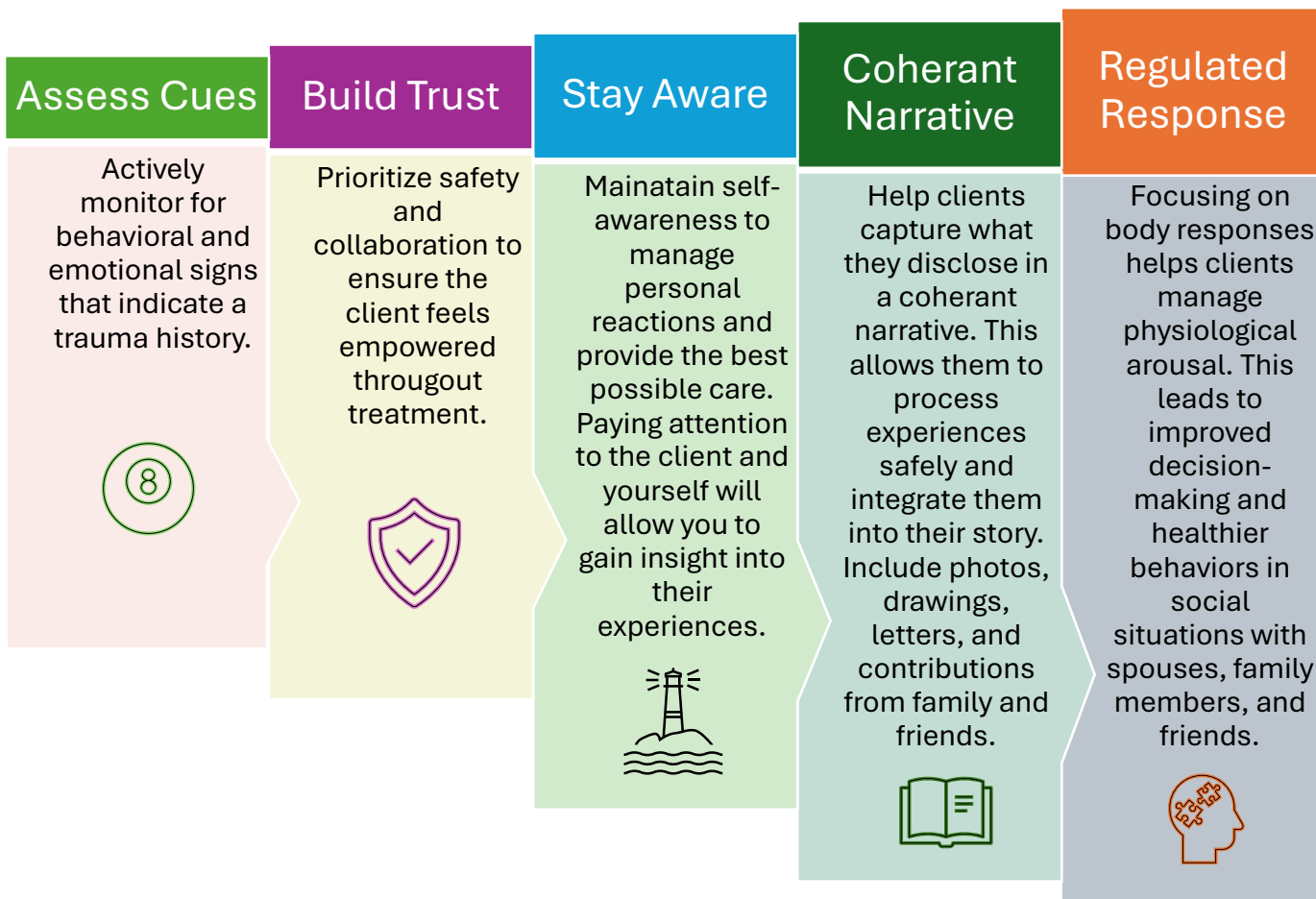
On beliefs and triggers that may influence the therapeutic relationship.



Empathy

Is maintained by managing countertransference throughout the process.

Mental Well Being – Trauma informed care reduces the risk of **anxiety and depression**. It helps clients develop resilience against future trauma-related disorders. It **anchors** the trauma, so it does not continue to evolve in the future.



Seek Consultation & Supervision

- In the beginning it is essential that you have clinical support.
- Obtain supervision from a supervisor experienced in trauma treatment.
- Get consultation from an experienced trauma therapist.

Seek trainings

- Get EMDR training, at least some knowledge of the protocols, and use it.
- Read trauma treatment books and articles.