

NAVIGATING TRAUMA

A photograph of a person's hand holding a circular compass over a paved road. The road curves away into the distance, surrounded by dry, yellowish-brown grass. The compass is held in the center of the frame, with its needle pointing towards the top. The background is slightly blurred, emphasizing the compass and the road ahead.

EXPLORING THE IMPACT ON THE COUNSELING
JOURNEY

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LEARNING OBJECTIVES

1. Define and recognize the impact of trauma
2. Identify and illustrate trauma-informed practices

WHAT WORDS
DO YOU
ASSOCIATE
WITH
"TRAUMA"?





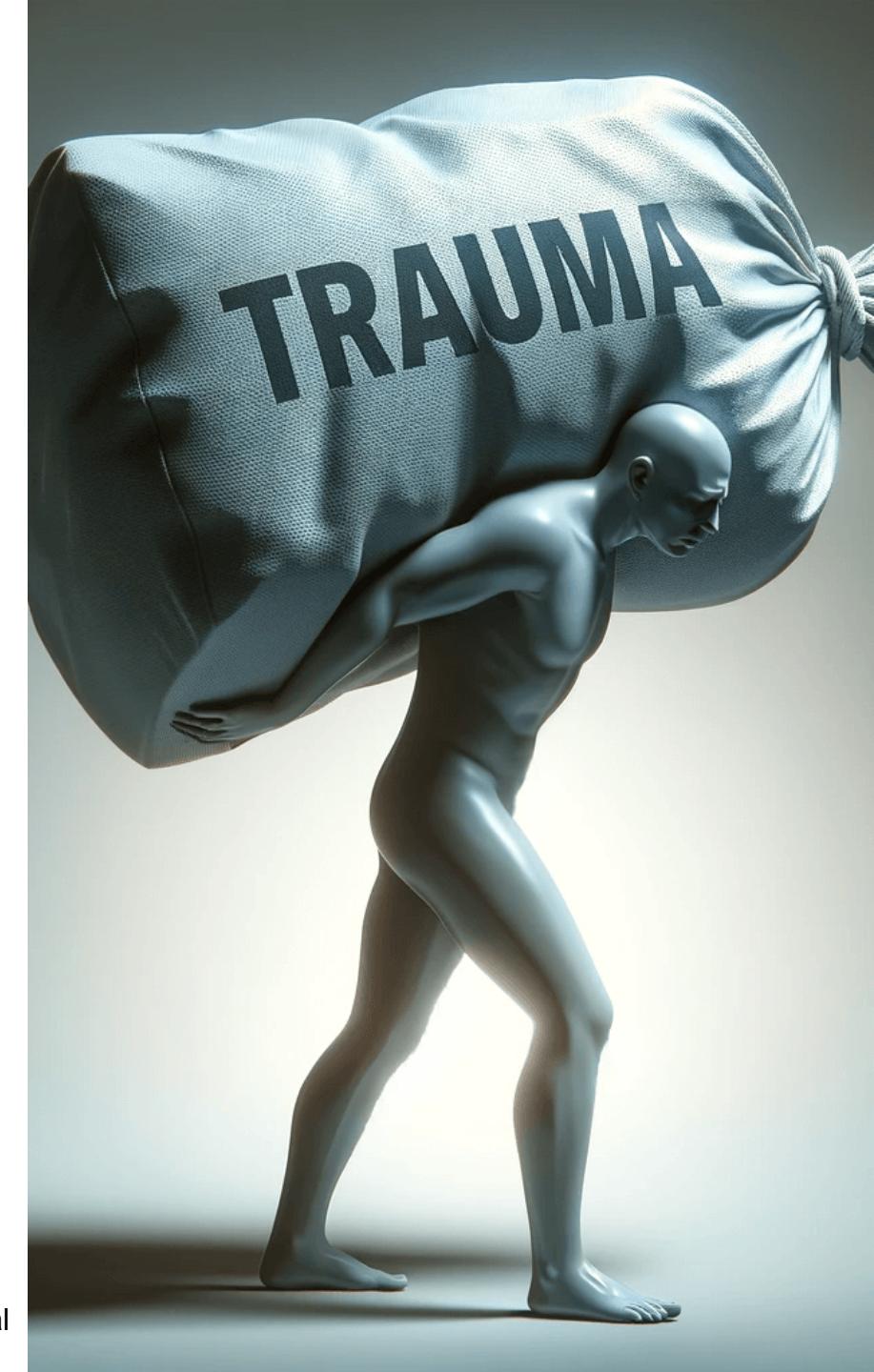
**TRAUMA IS
NOT.....**

Experiencing anxiety
because your
pumpkin latte isn't
"pumpkin-y" enough.

TRAUMA IS.....

A traumatic event is defined as one in which a person experiences, witnesses, or is confronted with actual or threatened death or serious injury, or threat to the physical integrity of oneself or others.

These events can include violence between people, abuse of any kind, neglect, institutionalization, disasters, or war.



TRAUMA DISORDERS



Reactive Attachment Disorder

Disinhibited Social Engagement Disorder –
willingness to go off with an adult without reserve

Post Traumatic Stress Disorder

Acute Stress Disorder

Adjustment Disorder

Dissociative Disorders



TRAUMA-INFORMED COUNSELING APPROACHES

- Trauma Focused - Cognitive Behavioral Therapy
- Narrative Therapy
- Psychodynamic Therapy
- Somatic Experience
- DBT- Dialectical Behavior Therapy

INTERVENTIONS IN PRACTICE

PET THERAPY

ART THERAPY

EMDR

CPT

**MINDFULNES
S**



PET THERAPY

The Benefits of Utilizing Pet Therapy

It can decrease in these key areas:

- Stress level
- Fatigue
- Anxiety
- Isolation
- Depression

Pet therapy has improved overall self-esteem (Perkins, 2020).





Examples

- Collage
- Coloring
- Doodling and scribbling
- Drawing
- Finger painting
- Painting
- Photography
- Sculpting
- Working with clay



Benefits

- Significantly reduces trauma symptoms
- Decreases levels of depression
- Improves quality of life
- Alleviates a variety of psychological symptoms.
- Increases self-esteem

**ART
THERAPY**

CPT

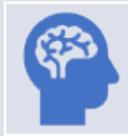
have to be willing to go into their hell to get them out.



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- Cognitive Processing Therapy (CPT) is a gold-standard, evidence-based psychotherapy for PTSD. It combines trauma education with strategies to challenge trauma-related cognitions, which are thought to maintain PTSD symptoms (Resick et al., [2017](#)).



- Research indicates that CPT effectively reduces symptoms of PTSD and other trauma-related issues, including depression, anxiety, insomnia, and dysregulation (Zielinski et al., 2022).



- Group cohesion among veterans with PTSD can be treatment predictor outcomes AS patient's willingness to engage in the group process and share personal information are crucial for treating combat-related PTSD in a group setting (Ellis et al., 2015)

COGNITIVE PROCESSING THERAPY



- CPT IS EFFECTIVE AT TREATING PTSD FOR VETERANS AND CIVILIANS
- CPT WORKS WELL FOR A VARIETY OF TRAUMAS, INCLUDING COMBAT TRAUMA, SEXUAL ASSAULT, AND DOMESTIC VIOLENCE
- CPT IS A SHORT-TERM TREATMENT WITH APPROXIMATELY 12 WEEKLY SESSIONS WITH A THERAPIST, AND INCLUDES OUT-OF-SESSION PRACTICE ASSIGNMENTS



EMDR – EYE MOVEMENT DESENSITIZATION AND REPROCESSING

Developed by Francine Shapiro in the late 1980s.

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Primarily used to treat Post-Traumatic Stress Disorder (PTSD), but can also help with anxiety, depression, and other trauma-related issues.

EMDR is a structured, evidence-based approach that empowers clients to process traumatic experiences in a safe and supportive environment, promoting healing and resilience.

EMDR involves the use of bilateral stimulation, often through guided eye movements, tapping, or auditory tones, while the client recalls distressing memories.

8 Phases of Treatment

The bilateral stimulation helps to integrate traumatic memories, allowing for new associations and reducing their emotional impact.

Numerous studies support EMDR's effectiveness for PTSD, often producing faster results compared to traditional talk therapies. It's recognized by organizations like the American Psychological Association (APA) and the World Health Organization (WHO) as an effective treatment for trauma.

MINDFULNESS

Mindfulness is bringing one's complete attention to the present experiences on a moment- to-moment basis

Therapies that have adopted mindfulness:

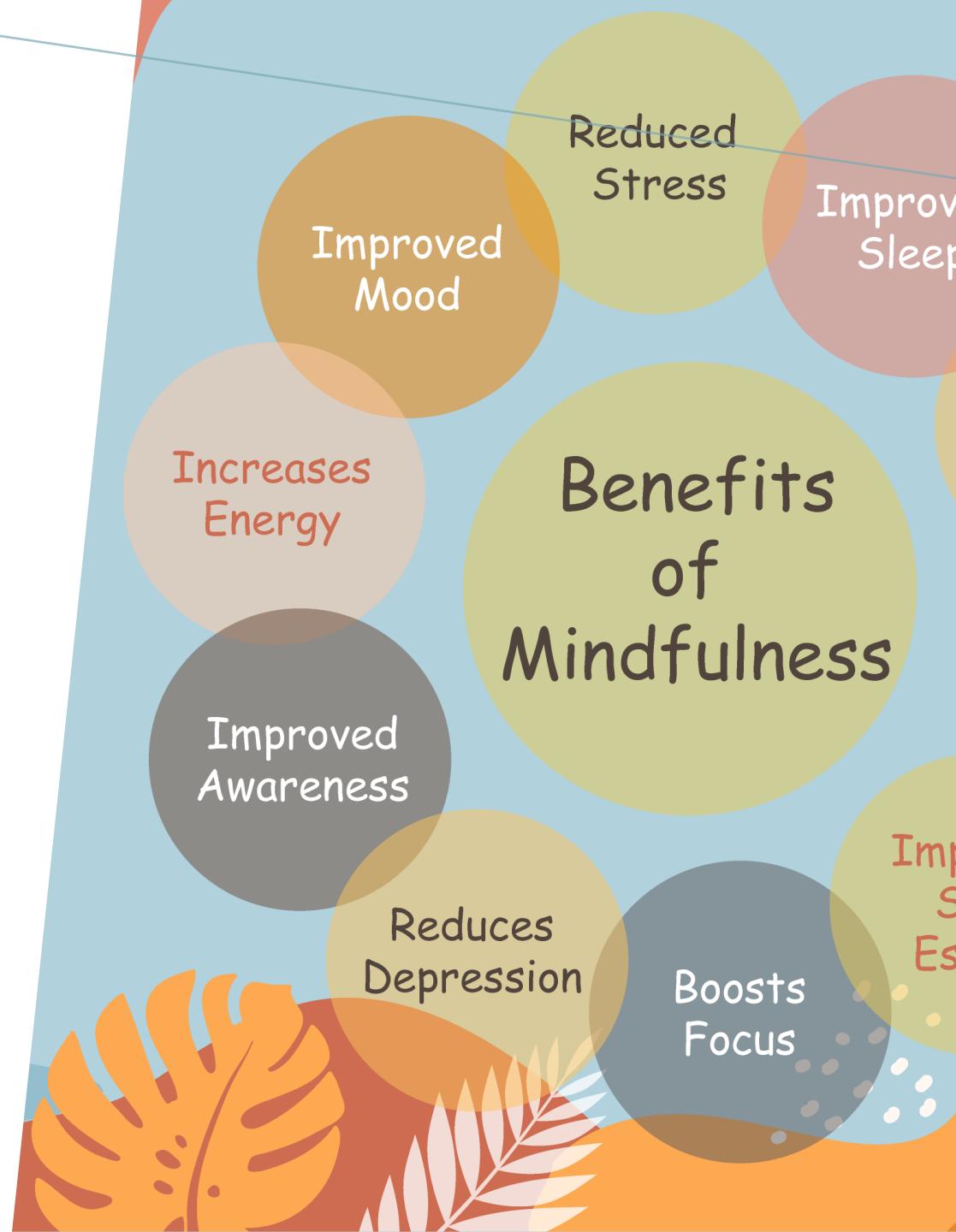
DBT

ACT

CBT

Mindfulness has shown to reduce stress and anxiety along with other interventions improve overall mental health.

(Baer 2003)



JOIN US.....



TIME FOR REFLECTION

- Reflect on your response earlier in the mentimeter
- Reflect on the content of the presentation
- What is *one word* that you are taking with you today as we conclude?
- Would you please drop that word in the chat?



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