



Trauma Support Therapy Session Plan

NOTE: Trauma is a highly personal and sensitive area of therapy, and as such our session content is neither standardised nor sequential.

Divided into two sections, the information below has been included to help form an impression of some of the areas our trained therapists aim to cover.

Section One: Creating a Safe Environment

Using empathy and a collaborative, non-judgmental approach, we will gain the employee's trust and begin building rapport. We will then elicit the employee's engagement and commitment to the therapeutic process.

Below is an example of the process we might follow:

- Identify and screen for exposure to trauma/multiple traumas/traumatised nervous system
- Understand the employee's life experiences and trauma history
- Consider the overall effect of destabilisation on the employee, and resist re-traumatisation (trauma loop)
- Identify secondary traumatic stress
- Consider any additional adverse experiences
- Detect instances of chronic trauma stress/PTSD (such as flashbacks and night terrors)
- Analyse the impact of trauma
- Ensure the employee is 'resourced'

Section Two: Delivering Effective Support

This section focuses on the employee's continuous role in their treatment and recovery plan and its outcome. We will discuss the plan in detail with the employee, while gaining an understanding of the signs and symptoms of their recovery, and their pre-existing knowledge of trauma.

- Work together to relinquish responsibility and alleviate shame
- Ascertain neuropsychological understanding
- Apply PE Exposure Therapy/EMDR Trauma Therapy as required
- Develop new levels of emotional resilience
- Form coping strategies and techniques
- Initiate wellness and wellbeing
- Build and develop post-traumatic growth