

Trauma Therapy Worksheet for Adults

Read the information carefully provided in the worksheet related to types of trauma therapy so that you have an awareness about them.

Types of Trauma Therapy

- **Cognitive behavioral therapy:** Cognitive behavioural therapy (CBT) is a type of psychotherapy that teaches people how to change their negative thought patterns and so influence their behaviour and emotions.
- **Eye movement desensitization and reprocessing:** Individuals recall certain traumatic situations briefly as the therapist controls their eye movements during EMDR. The goal of EMDR is to assist people in processing and integrating traumatic experiences.
- **Somatic experiencing:** This method entails a therapist assisting a client in reliving traumatic memories in a secure environment.
- **Sensorimotor psychotherapy:** To transform traumatic memories into sources of strength, this type of therapy blends psychotherapy with body-based therapies.
- **Acupoint stimulation:** This entails a practitioner exerting pressure to particular places on the body in order to produce relaxation.
- **Mindfulness:** People can anchor themselves in the present by practising mindful breathing and other mindfulness-based techniques, which can help them avoid reliving the horrific event.
- **Psychoeducation:** The clients are taught about trauma and the most common reactions to stressful experiences, as well as post-traumatic stress disorder (PTSD). The goal is for clients' reactions to be understandable and their feelings to be supported.