

What trauma therapy can involve

Trauma-focused care is broader than revisiting a memory. Assessment, preparation and pacing are clinical work in their own right.

UNDERSTANDING FIRST

Early work develops a shared picture of what is happening now.

- Current symptoms, triggers, avoidance and the effect on daily life.
- Relevant history, relationships, health, supports and safety.
- What you want to be different and what would make therapy feel workable.

PREPARATION AND PACING

Readiness is not all-or-nothing and can change over time.

- Build ways to notice activation and return to the present.
- Agree on a pace and method that can be reviewed openly.
- Processing is not forced simply because trauma is part of the history.

PROCESSING WHEN APPROPRIATE

Focused methods may be considered once there is enough stability and agreement.

- Select material linked to current goals rather than trying to cover everything.
- Notice distress, meaning, body responses and new learning.
- Pause or adjust when the work is moving outside a useful window.

INTEGRATION

Change needs to carry into life beyond the session.

- Review shifts in relationships, identity, boundaries and daily choices.
- Practise new responses to reminders and difficult emotions.
- Plan for setbacks without treating them as failure.

Keep the resource in context

This guide is general information. Trauma work should be planned with a suitably qualified clinician. Axis is not an emergency service; immediate danger requires 000.