

Commonly used Trauma Treatments

- Using rituals with trauma
- Critical incident stress management
- EMDR
- Cognitive behavioral ideas
- Emotion focus treatment
- Guided imagery and relaxation
- Narrative therapy
- Art therapy

Commonly used Trauma Treatments *Using Rituals with Trauma*

When words are inadequate, create a ritual.

Allen Wolfelt



Commonly used Trauma Treatments *Using Rituals with Trauma*

- Rituals mark that something has happened
- Rituals speak to all griever
- Rituals honor a person's level of participation
- Rituals are centered in the present
- Rituals have a sequence therefore a safety



Commonly used Trauma Treatments *Using Rituals with Trauma*

- The act of **DOING** is more important than what is done
- The story guides the ritual
- Rituals create a sacred space to honor, acknowledge, process



Commonly used Trauma Treatments *Using Rituals with Trauma*

- ❖ Rituals help with the effects of trauma
less powerless, victimized
less out of control
- ❖ Connects people
- ❖ Helps to reconstruct memory,
process meaning
- ❖ Helps to incorporate the experience
- ❖ Active Coping mechanism



Commonly used Trauma Treatments **Critical Incident Stress Management**

Mitchell Model
International Critical Incident Stress Foundation, ICISF

NOVA
National Organization for Victim Assistance

MSDM
Red Cross Multiple Stressor Debriefing Model

NSTP
Salvation Army National Disaster Training Program

Commonly used Trauma Treatments
Critical Incident Stress Management

- Traumatic event is a *critical incident*
- Taxes previous means of coping
- Beyond the norm, abnormal circumstances
- Numerous secondary traumatic stresses
- If not processed then PTSD



Commonly used Trauma Treatments
Critical Incident Stress Management

Goals of Interventions

Relief of secondary traumatic stress (STS) and
Integration of the critical incident

Stages

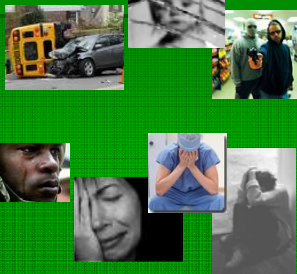
- Stabilize
- Adjust
- Adapt



Commonly used Trauma Treatments
Critical Incident Stress Management

Seven Phases of the Mitchell Model

- ❖ Introduction Phase
- ❖ Fact Phase
- ❖ Thought Phase
- ❖ Reaction Phase
- ❖ Symptom Phase
- ❖ Teaching Phase
- ❖ Reentry Phase



Commonly used Trauma Treatments
Critical Incident Stress Management

Objections to critical incident interventions

- Mandatory or compulsory
- One size fits all
- Re-traumatizing

Commonly used Trauma Treatments
EMDR

Eye Movement Desensitization and Reprocessing



Developed by
Francine Shapiro, PhD
1989

Commonly used Trauma Treatments
EMDR

Method of bilateral stimulation of the brain through eye movements, ring tones, or tapping back and forth

Thought to help person unlock implicit memories therefore being able to process them



Commonly used Trauma Treatments

EMDR

•EMDR involves recalling stressful past events and "re-programming" the memory

•The "story" or "belief" one has told themselves about the trauma is retold in a positive, self-chosen belief

•It is thought that using rapid eye movements relieves the anxiety associated with the trauma therefore the original event can be examined from a more detached perspective, allowing the person to see the material in a new and less distressing way

•A type of "cognitive reorganizing" takes place, allowing the negative, painful emotions to give way to a more resolved, empowered feeling



Commonly used Trauma Treatments

EMDR

Steps of EMDR

1. History and treatment planning
2. Preparation
3. Assessment
4. (& 5) Reprocessing, Desensitization and Installation
6. Body Scan
7. Closure
8. Reevaluation



Commonly used Trauma Treatments

EMDR

Objections to EMDR

- Lack of research
- Relatively new therapy so not sure of long term effects