

Trauma Therapy

IS MORE THAN CHOOSING A TECHNIQUE

— A Guide to Finding the Right Fit for Your Healing

Healing
is
Personal

Many people ask:

- ♥ "Should I do EMDR?"
- ♥ "Would Somatic Experiencing help me?"
- ♥ "Is IFS right for me?"

These are great questions—but the better question is:

"What approach best fits ME, my goals, and where I am in my healing journey?"

There is no single "best" trauma therapy for everyone. Effective treatment matches the person, not just the diagnosis.

What Helps Determine the Right Treatment?



1. YOUR SYMPTOMS

- Intrusive memories
- Anxiety or panic
- Depression
- Emotional numbness
- Difficulty trusting others

Different symptoms may respond better to different interventions.



2. YOUR TRAUMA HISTORY

Not all trauma looks the same.

Some experiences involve a single overwhelming event, while others include ongoing stress such as neglect, emotional abuse, medical trauma, or relationship trauma. Your history helps guide treatment—not define you.



3. YOUR NERVOUS SYSTEM

Healing isn't about pushing through overwhelming emotions. It's about finding a pace your nervous system can tolerate.

Some people benefit from: learning regulation skills first, body awareness, gradual exposure, memory processing, strengthening internal resources.

Healing doesn't have to happen all at once.



4. YOUR RELATIONSHIPS

Trauma often affects: trust, boundaries, connection, vulnerability, asking for help.

Sometimes the work isn't only about the memory—it's also about learning that relationships can become safe again.



5. YOUR VALUES, CULTURE & PREFERENCES

Good therapy respects: your identity, your beliefs, your culture, your pace, your goals.

You are an active partner in treatment—not a passive recipient.

Remember

Healing isn't about choosing the "perfect" therapy. It's about finding the approach that helps YOU feel safer, stronger, more connected, and more fully yourself.



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What Good Trauma Therapy LOOKS LIKE

THE METHOD MATTERS...BUT THE RELATIONSHIP MATTERS TOO.



1. A CLEAR PLAN

You deserve to understand:

- ♥ Why this approach is being recommended
- ♥ What treatment may involve
- ♥ What progress may look like
- ♥ How decisions are made together



2. SHARED DECISION-MAKING

Your therapist brings clinical expertise.

You bring expertise about your life.

Together, treatment becomes a collaborative process—not something done to you.



3. MEASURING PROGRESS

Healing isn't only about feeling better after one session.

Progress can include:

- ✓ sleeping better
- ✓ stronger boundaries
- ✓ fewer intrusive memories
- ✓ greater self-compassion
- ✓ healthier relationships
- ✓ returning to activities that matter



4. FLEXIBLE—BUT PURPOSEFUL—PACING

Sometimes healing moves quickly.

Sometimes it moves slowly.

Neither is failure.

The goal is steady progress without overwhelming your nervous system.



5. SPACE FOR HONEST CONVERSATIONS

It is okay to say:

- ♥ "I'm not sure this feels right."
- ♥ "I'm overwhelmed."
- ♥ "Can we slow down?"
- ♥ "I don't understand why we're doing this."

Open conversations help strengthen therapy—not weaken it.



6. HEALING IS MORE THAN REDUCING SYMPTOMS

Trauma recovery often includes:

- ♥ feeling safer in your body
- ♥ creating meaningful boundaries
- ♥ trusting yourself
- ♥ reconnecting with joy
- ♥ building healthier relationships
- ♥ living according to your values

These changes often continue long after the most painful memories lose their intensity.



The Most Important Takeaway

The "right" trauma therapy isn't necessarily the newest, fastest, or most popular approach.

It is the approach that thoughtfully matches:



THE PERSON



THE PROBLEM



THE BEST AVAILABLE EVIDENCE



A TRUSTING THERAPEUTIC RELATIONSHIP



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