



Seasons Counseling Center

Trauma-Informed Therapy

Supporting Healing, Restoring Safety, Strengthening Families 

Understanding Trauma

Trauma can impact how children and families think, feel, behave, and connect with others. Experiences such as loss, instability, frightening events, medical challenges, or major life changes may overwhelm a child's ability to cope.

Trauma-informed therapy helps individuals process these experiences in a safe, structured environment while learning skills to regain confidence, regulation, and connection.

Trauma Therapy Can Help With:

- ✓ Anxiety, fear, or emotional withdrawal
- ✓ Behavioral changes or dysregulation
- ✓ Difficulty trusting others
- ✓ Grief, loss, or major transitions
- ✓ Foster care or placement adjustments
- ✓ Nightmares, worry, or heightened stress responses
- ✓ Challenges with attachment and relationships


Goals of Trauma-Informed Therapy


- ✓ Build emotional regulation and coping skills
- ✓ Help children safely process difficult experiences
- ✓ Strengthen caregiver child relationships
- ✓ Reduce anxiety, fear, and behavioral struggles
- ✓ Promote resilience, confidence, and growth
- ✓ Support long-term healthy development



Helping Children Heal. Helping Families Move Forward.

Contact Us for More Information or to Make a Referral

 Call: (573) 327-9841

 <https://seasoncc.com/>

