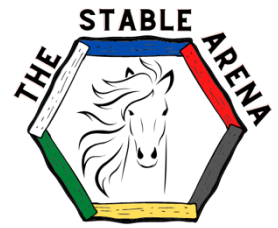


TRAUMA TIP SHEET

ARENA EMDR THERAPY CAN HELP

www.emdria.org



WHAT IS TRAUMA

Experiencing or witnessing a frightening, dangerous or violent event can overwhelm our body's natural coping abilities. Exposure to death, injury, abuse, or sexual violence often causes trauma. Other more common life events like job stress, divorce, or accidents can cause a trauma response as well. People respond to trauma in many different ways.

70%

ADULTS IN THE U.S. HAVE EXPERIENCED A TRAUMATIC EVENT*

SIGNS OF TRAUMA

- Depression, sadness, or social isolation
- Feeling the need to be hyper-aware or alert in case of danger
- An exaggerated startle response, on edge
- Increased irritability, sudden anger attacks
- Feelings of shame, guilt, or intense worry
- A sense of numbness in life
- Nightmares or flashbacks that relive the traumatic event
- Avoiding situations which may be reminders of event
- Substance abuse and dependence

Childhood trauma increases life-long health risks**

90%

CLIENTS IN MENTAL HEALTH SERVICES HAVE EXPERIENCED TRAUMA***

ABOUT EMDR

www.emdria.org

EMDR stands for Eye Movement Desensitization and Reprocessing. It is a form of therapy that helps people heal from trauma or other distressing life experiences. EMDR therapy has been extensively researched and is recommended for trauma treatment. Our brains have a natural way to recover from traumatic events. Sometimes this natural recovery process is not resolved without help. EMDR therapy is designed to resolve unprocessed traumatic memories in the brain. For many clients, signs of trauma like those above will diminish or disappear once EMDR therapy is complete.

HOW ARENA EMDR CAN HELP

With horses as partners in treatment, Arena EMDR offers an opportunity to process trauma and other concerns while building trust, connectedness, and confidence in a natural, expanded environment that is rich in material.

The presence of horses helps the nervous system to re-tune and re-balance, so that clients can stay "present" in the work. Horses are social animals that are accepting, non-judgmental and responsive to interactions.

The inherent personal power to heal is enhanced when we are able to access our inner strengths. We can help you accomplish this in a neutral safe space, listening to your concerns, and customizing a treatment plan for you.

TERRI KEENER, LCSW, LSCSW
LAURA HIGGINS, Certified Equine Specialist

Specializing in Arena EMDR
using the EquiLateral protocol

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*www.ptsdunited.org/ptsd-statistics-2/. **www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html

***www.integration.samhsa.gov/clinical-practice/trauma