

Trauma Counselling

Trauma Informed Counselling

Trauma Informed Care and Practice focuses on the strength of the individual which strives to fully understand and integrate the impact of the trauma. As with all counselling, it provides a safe environment to overcome a sense of helplessness to a survivor. As a trauma informed specialist I prioritize safety, control and choice, allowing the client to set the treatment pace and make decisions while taking all aspects of the trauma into consideration.

When a person experiences trauma their brain is affected and may not allow us to respond in a way we might like. A trauma informed therapist understands that it is not that we "don't" want to do something it is that our brain has limited our ability because of the trauma and sometimes we find we "can't". The underlying issues are addressed, allowing for a sense of control and security. My goal is to strengthen resilience and minimize the impact of trauma.

What is Trauma?

Traumatic events can and do happen to all people at all ages and are not limited to any socio-economic group. These events can cause terror, intense fear, horror, helplessness and physical stress reactions. Sometimes the impact of these events does not simply go away when they are over. Instead, some traumatic events are profound experiences that can change the way children, adolescents and adults see themselves and the world. Sometimes the impact of the trauma is not felt until weeks, months or even years after the traumatic event. The event itself does not determine the impact on an individual's well-being. It is their experience of the event and what meaning they place on it.

Trauma includes three common elements:

- It was unexpected
- The person was unprepared or not able to prepare for such an event
- There was nothing the person could have done to prevent the event from happening