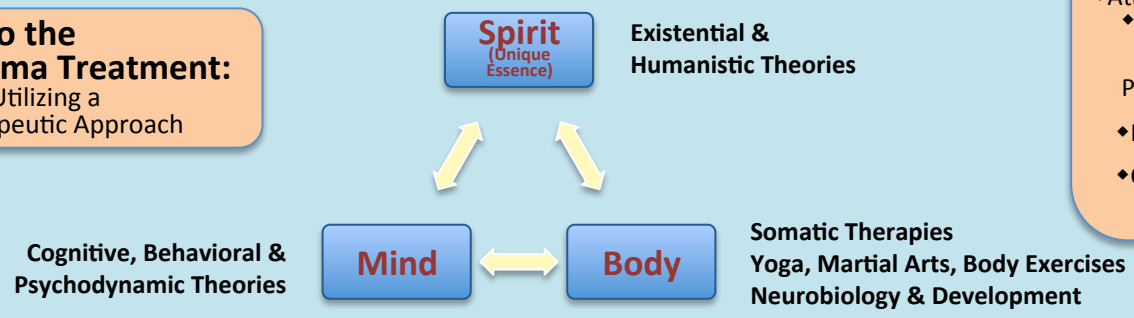


TRAUMA TREATMENT FOUNDATIONAL PHASE-WORK (TTFP)[™]

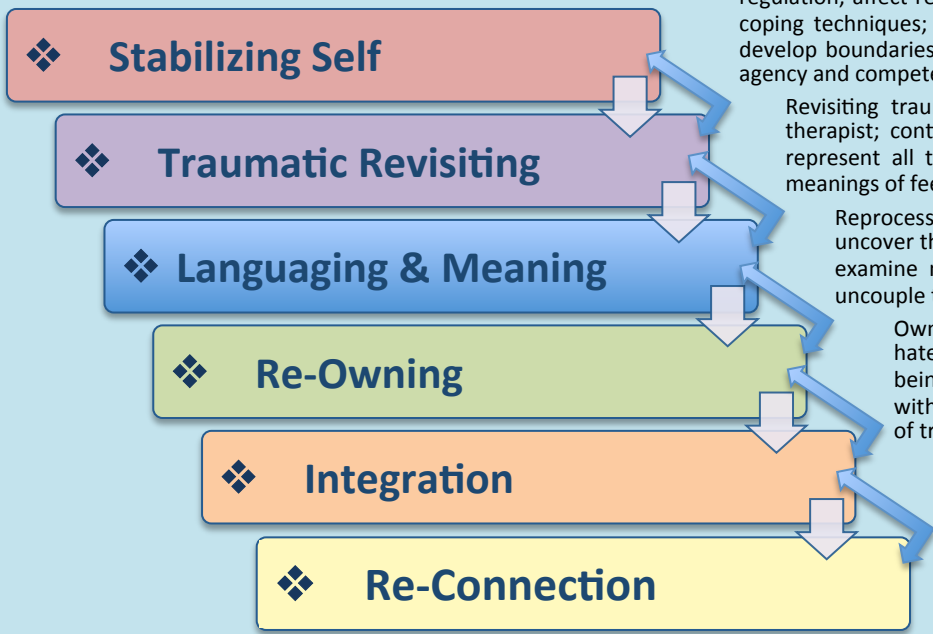
INTEGRATIVE TRAUMA-INFORMED TREATMENT: CORE ELEMENTS FOR STABILIZATION, RECOVERY, & RECONNECTION

Attending to the Whole Person in Trauma Treatment:
The Necessity of Utilizing a Multi-Dimensional Therapeutic Approach



- Considerations:**
- ◆ Nature of Trauma Exposure
 - ◆ Other Significant Losses
 - ◆ Attachment Style & Networks
 - ◆ Caregivers' Availability if Developmental Trauma
 - ◆ Brain Development & Psychosocial Stage during Trauma Exposure
 - ◆ Family Systems & Culture
 - ◆ Natural Environment
 - ◆ Current Support Network
 - ◆ Current Stressors
 - ◆ Ongoing Grief Process

Trauma Treatment Foundational Phase-Work (TTFP)[™]: is an ongoing movement back and forth through the phases as appropriate to client's ability to tolerate and work through each core area/phase of treatment; may address more than one area/phase at a time, after an initial 'Stabilizing Self' phase is established; length of time in phase(s) varies for each individual; timing and pacing of treatment is crucial. Overall trauma treatment goals: (1) build safety, stability, regulation & flexibility, (2) significantly reduce/eliminate trauma response symptoms, (3) increase engagement with others/life & meaningful goals.



Creating safety and stabilization in the present; trust with therapist; grounding techniques; distress tolerance; self-regulation, affect regulation & modulation; increase window of tolerance/comfort zone, understanding responses; coping techniques; mindfulness; yoga, martial arts, dance, or body practices; learn body awareness and states; develop boundaries; safety within self, ability to tolerate being in own body; resource building; develop sense of agency and competency; increase attachment networks.

Revisiting traumatic memories as "touch and go's," quick trips; dual perception, past and present with therapist; continuing safety/stable platform; visualization and feeling of the trauma- 1 key scene that can represent all the scenes; start to bring words to the body feelings, sensations, body awareness; explore meanings of feelings and perceptions; EMDR; narrative; parts work.

Reprocessing, reworking, rewording; work on wording in the present, free association to meanings; uncover the unconscious core belief systems and how these words relate to present actions and thoughts; examine meaning constructions as they correspond with the brain development at time of trauma; uncouple trauma and original meanings, shift to present development and new meanings.

Owning the disowned part(s), the part that experienced the trauma which have been exiled, is hated, is shameful; identify part of self (child or older) that is stuck in the trauma; examine why it is being denied or protected from the whole system; make a choice to bring this part back to the self, without the old belief system and trauma, bringing the part of self forward to present; visualization of trauma and/or beliefs, removing it, and leave it in the scene; grieving losses.

Integrating separate parts of self; neural-body-behavioral; create safe place within self, as sacred center/gentle center or internal home; dialoguing with self to get core needs met; self-care, self-reflection, self-awareness, self-discovery, existential analysis.

Reconnection with self, feeling safe inside one's body; more secure self allows for reconnection with others; healthy boundaries with others; engage in meaningful activities; explore meaning and purpose in life; explore attitude, experiences, and creativity for creating meaning in life; competencies and resource building; new attachment networks.