

Common Therapeutic Techniques for Trauma

Eye Movement Desensitization and Reprocessing (EMDR) Therapy

“EMDR is a structured therapy that encourages the patient to focus briefly on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which is associated with a reduction in the vividness and emotion associated with the trauma memories. Eye Movement Desensitization and Reprocessing (EMDR) therapy is an extensively researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms.”

“What is EMDR therapy?” EMDRIA.org

Somatic Therapy

“Somatic therapy is a form of body-centered therapy that looks at the connection of mind and body and uses both psychotherapy and physical therapies for holistic healing. In addition to talk therapy, somatic therapy practitioners use mind-body exercises and other physical techniques to help release the pent-up tension that negatively affects a patient’s physical and emotional wellbeing.”

“Somatic Therapy,” PsychologyToday.com

Trauma-Informed Stabilization Therapy

“TIST or Trauma-Informed Stabilization Treatment was developed to provide a trauma-informed approach to the challenges of treating self-destructive behavior. Based on theoretical principles drawn from the neuroscience research on trauma and structural dissociation theory, TIST offers a treatment approach that integrates mindfulness-based cognitive therapy, Sensorimotor Psychotherapy, ego state techniques, and Internal Family Systems. It has been used successfully to address the challenges of treating individuals with diagnoses of complex PTSD, borderline personality, bipolar disorder, addictive and eating disorders, and dissociative disorders.”

“Trauma-Informed Stabilization Treatment (TIST) in the Treatment of Self-Destructive, Eating Disordered, and Addictive Behavior,” JaninaFisher.com

Neurofeedback

“Neurofeedback, also known as EEG (electroencephalogram) biofeedback, is a therapeutic intervention that provides immediate feedback from a computer-based program that assesses a client’s brainwave activity. The program uses auditory or visual signals to help patients recognize their thought patterns and try to modify them. Through this process, clients can learn to regulate and improve their brain function and hopefully alleviate symptoms of various neurological disorders and mental health conditions.”

“Neurofeedback,” PsychologyToday.com

Biblical meditation

“Biblical meditation is distinct from other forms of meditation because the focus of our ‘pondering’ is Scripture. Our goal is not to empty our minds – though striving to identify and, with the help of the Spirit, rid ourselves of thoughts that are not pure and right (see Philippians 4:8) could be a part of meditation – but to renew them by focusing on God’s words. Meditation occurs when we rehearse and reflect upon a word, or words, found in the Bible.”

“What Is Biblical Meditation?” OurDailyBread.org

Body awareness and grounding

“Body awareness is defined as ‘how conscious and connected you are to your own body. It’s also known as kinesthesia, or the awareness of the position and movement of body parts in relation to muscles and joints’ (Hoshaw, 2021). Thus, embodying our emotions is facilitated by body awareness. When we are attuned to our physical states it provides a way for us to identify how our emotions are showing up and held in our physical bodies.”

“Emotions and Embodiment: Body Awareness,” Sarabeth Butts, TacomaChristianCounseling.com

Christian visualization

“Some Christians are afraid of seeking to use their imagination for personal or spiritual help because they associate it with Eastern religions, secular psychology, hypnosis, or ‘New Age’ philosophy. But there is a Biblical meditation. God has created human beings with the ability to imagine and the Bible is full of positive images and pictures that can offer us tremendous help!”

“Imagination enables us to worship God and intercede in prayer for someone. It can also help us to heal from past trauma or be at peace in stressful situations. But our ability to imagine also enables to lust, hold angry grudges, ruminate with worry, and tell lies.”

“Biblical Meditation: Using Imagination to Pray,” Bill Gaultiere, *SoulShepherding.org*

Letter writing

“Letter writing gives people a way to address their hurt from someone else, even if reconciliation is not possible or the relationship is currently severed. The goal of letter writing is to have the person write out their own experiences of this relationship regardless of whether or not the letter will ever be read by the addressee. The letter they will write helps them work through the three E’s of Trauma: the *Event*, the person’s *Experience* of the event, and the *Effect*. The way the person experienced the event may leave a lasting impact on the person’s view of self and the world, which is important to understand and process.”

“Writing Letters to Let Go of Pain,” Raymond Corbo, LMFT, *Redeemer Counselling Services*

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