

Solution-Focused Therapy for Severe Trauma

Presenter: John Henden, MBACP FRSA

Recorded on: June 24, 2025

Length: 4 Hours

- One hour and 30 minutes**
- Introduction and overview
 - Aims
 - Scaling confidence
 - Three reasons why practitioners avoid
 - Formula first session task
 - Six main areas of concern
 - Techniques for triggers
 - Diaphragmatic breathing
- One hour and 15 minutes**
- Three stages of recovery
 - Fight, flight, freeze, FACE!
 - Presuppositional language
 - Techniques for intrusive/unwanted thoughts
 - Write, read, and burn (or shred)
 - Techniques for flashbacks
 - Dealing with “the lows”
 - Six positive ways for dealing with anger
- One hour and 15 minutes**
- Permission giving statements
 - Preventing re-traumatization
 - Blocks to disclosing
 - Sleep disturbances
 - “Degrimming”
 - Thriving
 - Progress scale
 - Second and subsequent sessions
 - Scaling confidence
 - Q&A and wrap-up

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