

SEVERE TRAUMA & STRESS RECOVERY WORKSHOPS

11. HOW TO AVOID RE-TRAUMATISATION AND RE-VICTIMISATION

1. Show compassion and deep empathy
2. As the service user discloses:
acknowledge, validate and normalise all feelings & sensations expressed
3. Ask strength-based questions, interrupting as appropriate whilst the client is disclosing, as follows:
 - How did you cope at the time?
 - What got you through all this?
 - What most helped?
 - How did you do that?
 - How did you know how to do that?
 - Looking back on what happened, in what ways has it made you a more determined and/or stronger person?
 - Awful though it was, which aspects of surviving it have made you a better person?
4. It is important to compliment sincerely, where appropriate, both as the service user is disclosing; and most importantly at the end of the session.
5. Treat the content with care, respect and in a supportive manner
6. Value and affirm throughout, both verbally and non-verbally
7. Keep your own and your service user's eyes on the treatment goals
8. Keep to the '5 o'clock rule'