

Solution-Focused Therapy for Severe Trauma

Presenter: John Henden, MBACP FRSA

Date: June 24, 2025

Time: 11:00 AM to 3:30 PM ET (*All times East Coast USA Local Time*)

- | | |
|----------------------------|--|
| 11:00 am – 12:30 pm | <ul style="list-style-type: none">• 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 |
| 12:30 – 12:45 pm | <ul style="list-style-type: none">• Break |
| 12:45 – 2:00 pm | <ul style="list-style-type: none">• 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 |
| 2:00 – 2:15 pm | <ul style="list-style-type: none">• Break |
| 2:15 – 3:30 pm | <ul style="list-style-type: none">• 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 |

Sponsored by Safer Society Foundation, Inc.

P.O. Box 340, Brandon, VT 05733



info@saferociety.org



(802) 247-3132



www.saferociety.org