

# WHAT IS THE PROCESS OF TRAUMA THERAPY?

## INITIAL ASSESSMENT



The initial assessment in trauma therapy gathers detailed information about the patient's history, symptoms, and coping mechanisms. It establishes the foundation for effective therapy by identifying key intervention areas.

## DEVELOPING A TREATMENT PLAN



A treatment plan is created from assessment findings, tailored to the individual's needs and goals. It details therapeutic approaches, session frequency, duration, and expected outcomes, ensuring effective and sustained progress.

## THERAPY SESSIONS



Trauma therapy sessions vary in frequency and structure based on individual needs and therapy type. Activities often include discussing traumatic memories, practicing coping skills, and applying techniques like cognitive restructuring or exposure therapy.

## MONITORING PROGRESS



Monitoring progress in trauma therapy involves regular evaluations of symptoms, coping strategies, and overall well-being using tools like self-report questionnaires, clinical interviews, and behavioral observations.



# Current Therapy Of Trauma

**G Psacharopoulos**



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