

Trauma Treatment in Independent Practice: Principles and Resources

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**WHO IS THE TRAUMA
SURVIVOR?**

WHAT MAKES TRAUMA
TREATMENT *DIFFERENT* IN
INDEPENDENT PRACTICE
THAN IN OTHER SETTINGS?



**The Psychotherapeutic
Frame in Treatment with
Trauma Survivors**

Why is the frame important for trauma survivors?

Predictability & Control

Paradigm of Healthy Relationships

Development of Trust

What are the ingredients of the FRAME?

Informed Consent

Confidentiality

Boundaries

Cancellation Policy

Start Time and End Time of Session

Collateral Contacts

Clear Rules and Expectations

TROUBLE SPOTS

Missed Appointments

Lateness

Door Knob Therapy

Out of Session Contact

Power and Authority of Therapist

The Initial Assessment of the Trauma Survivor

Proper Education and Training

Competency

Pacing of Material

More Than PTSD

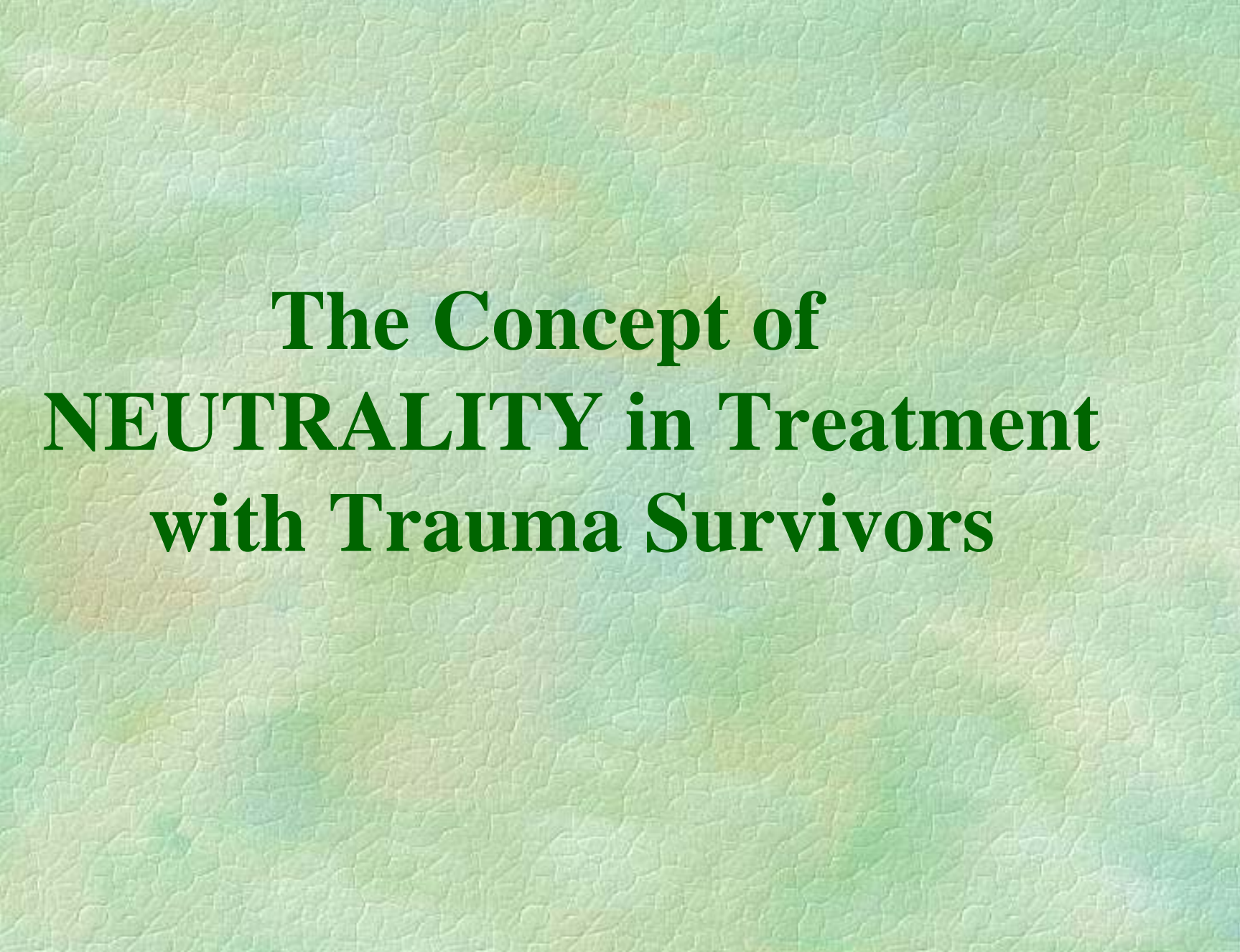
Cultural and Diversity Awareness

Diversity Awareness

Are all abuse survivors' experiences the same?

Interaction between ethnic /racial/cultural/sexual orientation/gender and abuse. How does this influence the processing of trauma and healing?

Multiple layers of oppression. Does this influence perception of solutions and/or alternatives and problem solving?



**The Concept of
NEUTRALITY in Treatment
with Trauma Survivors**

NEUTRALITY

Do we have an opinion?

Naming Abuse - When to say so and when to not?

Speaking the truth is very important for the victimized individual especially if that truth has been invalidated or never sought out – one has been constantly living in denial, disbelief, confusion, self-blame and shame

TRANSFERENCE

COUNTER- TRANSFERENCE