

TRAUMA THERAPY

Information Booklet



Sally Edwards

Psychotherapist | EMDR Therapist | Trauma Specialist

www.sallyedwards.com

Sally Edwards



I'm a fully qualified psychotherapist and EMDR therapist, specialising in trauma and its many forms. My private practice — based in Kent near Orpington and Bromley, and available online in UK and internationally — offers a compassionate, trauma-informed space for healing and growth.

I work with people navigating the lasting impacts of painful or overwhelming experiences, including childhood neglect, sexual abuse, narcissistic abuse, domestic violence, serious illness, injury, accidents, workplace trauma, and financial trauma. But trauma isn't always one

defining event — often, it's the accumulation of moments when your needs were unmet or your voice went unheard.

I also support clients facing a range of other emotional challenges such as depression, anxiety, stress and overwhelm, low self-esteem, disordered eating, body image concerns, relationship difficulties, and life transitions.

My approach is trauma-informed, which means I don't ask, "What's wrong with you?" Instead I ask, "What's happened to you?" Because the struggles we face often make perfect sense in the context of what we've lived through.

With nearly 20 years of training and experience across complementary therapies, eating disorder treatment, counselling, psychotherapy, EMDR, and trauma work, I offer a compassion-focused approach to therapy, grounded in respect, collaboration, and hope.

What is Trauma?



Trauma is a deeply distressing or disturbing experience that overwhelms a person's ability to cope, leaving them feeling helpless and trapped. It is not just the event itself, but the lasting imprint it leaves on the mind, brain, and body.

Trauma fundamentally alters how we process emotions and perceive the world. It can show up as flashbacks, nightmares, hypervigilance, or chronic anxiety — and these are not signs of weakness or dysfunction. They are normal human responses to abnormal, often overwhelming situations. Your reactions make sense, even if they feel confusing or out of your control.

The body "keeps the score," storing trauma not just as memory, but as physical and emotional patterns that can affect both mental and physical health. Healing involves recognising these embodied responses, gently making sense of them, and supporting your system to find safety and connection again.



Trauma is not just an event that took place sometime in the past; it is also the imprint left by that experience on mind, brain and body.

Bessel van der Kolk





Trauma Therapy: A Comprehensive Three-Phase Journey to Healing

Welcome to my trauma-informed therapy practice. I'm here to support you on your journey of healing and recovery from trauma. My approach is structured into three carefully designed phases, each addressing different aspects of your healing process.

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*Trauma is not what happens to you.
It's what happens inside you as a
result of what happens to you.*

Dr. Gabor Maté

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THREE PHASES OF TREATMENT

01

EMOTIONAL REGULATION AND GROUNDING

Focuses on establishing a secure foundation for healing by creating a safe environment, developing coping skills, and building a strong therapeutic relationship to manage trauma symptoms and promote stability.

02

PROCESSING THE TRAUMATIC MEMORIES

Focuses on working to integrate traumatic experiences into your life narrative, using various therapeutic techniques, allowing for a coherent understanding and processing of past events.

03

INTEGRATION AND MOVING ON

Focuses on developing healthy communication patterns, rebuilding trust, and fostering meaningful connections to improve your relationships, which may have been impacted by trauma.

Not everyone moves through each phase in a straight line, and that's okay. Your process will be unique to you.

Phase 1:

Emotional Regulation and Grounding



Goal: To establish a sense of safety and stability in your life.

In this foundational phase, the focus is on creating a secure environment for your healing journey. Understanding trauma's impact on your mind and body is crucial for this process.

Build a strong therapeutic relationship:

It's important to build a trusting partnership where you feel supported, heard, and understood. This forms the foundation for all our work together.

Create a safe living environment:

Physical and emotional safety is created by identifying boundaries and creating a supportive home environment with stability-promoting routines.

Provide psychoeducation: You'll learn about how trauma affects your brain and body, helping you understand and normalise your experiences and reactions.

Develop coping skills: Work on enhancing your existing coping skills and introducing new strategies tailored to your needs, helping you manage distressing emotions and reduce trauma symptoms.

Phase 2:

Processing the Traumatic Memories

Goal: To process and make sense of traumatic memories.

This phase involves carefully exploring your past experiences to confront and process the trauma. It's a delicate process that requires courage and resilience, but it's essential for healing.



Gradual confrontation: It's a step-by-step approach to revisit traumatic memories. This gradual exposure allows you to process these experiences at a pace that feels manageable and safe.

Integrate traumatic experiences: Using various therapeutic techniques (such as narrative therapy, EMDR, and somatic experiencing), you'll work on integrating these experiences into your life narrative.

Mourn losses: We'll recognise and honour the losses associated with your trauma, whether tangible or intangible. This process helps you navigate the complex emotions surrounding these losses.

Understand the impact: Together, we'll explore how the trauma has affected various aspects of your life, including relationships, self-perception, and worldview. This understanding is crucial for moving forward.



Phase 3: Integration and Moving On

Goal: To rebuild and move forward with a stronger sense of self.

This final phase focuses on empowering you to reconnect with yourself and the world around you. You'll integrate insights from previous phases to build the life that you want.

Foster self-empowerment: We'll work on enhancing your sense of self-worth and autonomy by setting personal goals, recognising your strengths, and cultivating self-compassion.

Establish healthier relationships: Acknowledging trauma's impact on relationships, you'll develop healthy communication patterns, rebuild trust, and foster meaningful connections with others.

Integrate positive life patterns: Together, we'll look at creating new, healthier habits and routines that support your well-being, such as mindfulness practices, physical activities, or creative outlets.

Celebrate growth and resilience: We'll both recognise your progress and resilience throughout this journey, solidifying positive changes and ensuring lasting healing.

I look forward to walking with you through each phase of this journey, providing the support and guidance you need to heal and thrive.

From Support to Self-Reliance

The Goals of Therapy: Stability – Healing – Empowerment

Therapy is designed to help you build resilience, regulation, and a stronger sense of self — so that eventually, you won't need weekly support. We move at your pace, with flexibility and collaboration at the heart of the process. Over time, this often means adjusting how often we meet.

1. Weekly Sessions

This is where we do the core of the work. Weekly sessions provide the consistency and safety needed to build trust, explore what brought you to therapy, and begin real change. Together we focus on psychoeducation, processing past experiences, and developing new patterns of thinking, feeling, and relating.

2. Fortnightly Sessions

Once the core of the work is done — when you've processed much of what brought you to therapy, made meaningful changes, and are feeling more stable and empowered — we may move to fortnightly sessions, if you would like to. This phase gently supports your growing autonomy while keeping a therapeutic anchor in place.

3. Monthly Check-ins

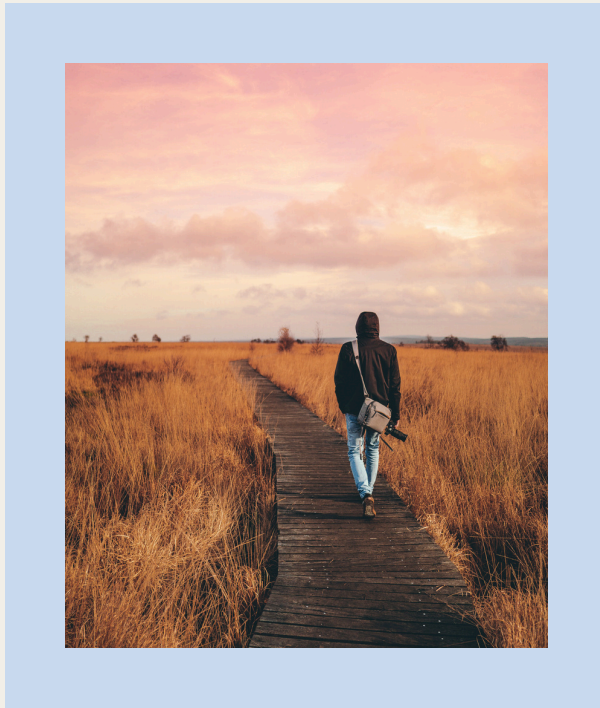
If appropriate, and if you'd find it helpful, moving to monthly sessions can help sustain your progress, reinforce confidence, and maintain momentum — without fostering over-reliance.

4. Ending Therapy

We work towards a thoughtful, supported ending when you feel ready. Therapy concludes not because the journey ends, but because you're equipped to continue it on your own.

5. An Ongoing Welcome

Therapy doesn't close the door. Life changes. New challenges arise. And when they do, you're always welcome to return for further support if needed.



Taking the First Step

Embarking on a journey of healing and self-discovery is a courageous act. The first step is often the hardest, but it is also the most important. By choosing to seek support and explore therapy, you are taking a powerful step towards reclaiming your life and well-being.

Remember, healing is not a linear process, and it's okay to move at your own pace. Each small step forward is a victory, and every effort you make towards understanding and healing is a testament to your strength and resilience.

I am here to support you every step of the way, offering a safe and compassionate space for your journey. Together, we will navigate the challenges and celebrate the triumphs, working towards a brighter, healthier future.

Your Journey Starts Here

If you're ready to take that first step, please reach out. I look forward to walking alongside you on this path to healing and growth.

Frequently Asked Questions

What is your approach to trauma therapy?

My approach to trauma therapy is structured into three phases: Safety and Stabilisation, Remembrance and Processing, and Integration and Reconnection. This phased approach helps ensure a safe, supportive environment where you can gradually process and heal from traumatic experiences.

What qualifications and experience do you have?

I am a fully qualified psychotherapist, EMDR and trauma therapist. I have extensive training in psychotherapy, EMDR, trauma therapy, working with eating disorders, and other complementary therapies, ensuring a comprehensive and holistic approach to your care.

Do you work with other issues besides trauma?

Yes, I work with clients facing a variety of life challenges and emotional difficulties, including depression, anxiety, stress, low self-esteem, relationship issues, and more. My goal is to support you in overcoming any obstacles that impact your well-being.

How long does each therapy session last, and how often will we meet?

Each session typically lasts 50 minutes, and for most clients weekly sessions are beneficial, especially at the beginning of therapy.

What are your fees and cancellation policy?

We'll go through all the practical details — including fees, payment options, and my cancellation policy — during your initial consultation. I'll make sure everything is clear and transparent so you can feel at ease and focus on what really matters: your healing.

How confidential are our sessions?

Confidentiality is a cornerstone of therapy. Everything discussed in our sessions is kept confidential, with a few legal exceptions related to safety concerns (such as risk of harm to yourself or others). I will explain these exceptions in more detail during our initial session.

Frequently Asked Questions

Can I attend sessions online, and is it as effective as in-person therapy?

Yes, I offer online therapy sessions to clients throughout the UK and internationally. Many clients find online therapy to be just as effective as in-person sessions, providing flexibility and convenience without compromising the quality of care.

What should I expect during my first therapy session?

In your first session, we will focus on getting to know each other and discussing your reasons for seeking therapy. We'll cover your history, current challenges, and goals for therapy. This session is also an opportunity for you to ask any questions and to see if you feel comfortable with my approach.

What if I feel uncomfortable or overwhelmed during therapy?

It's completely normal to feel a range of emotions during therapy, especially when discussing difficult experiences. If you ever feel uncomfortable or overwhelmed, please let me know. We can adjust the pace and approach to ensure you feel safe and supported.

How long will I need to be in therapy?

The length of therapy varies for each person, depending on their specific needs and goals. Some clients may benefit from a few months of therapy, while others may find longer-term therapy more helpful. We'll regularly review your progress to ensure therapy continues to meet your needs.

How do I get started with therapy?

To get started, you can contact me to schedule an initial consultation. This session will allow us to discuss your needs, answer any questions you have, and determine if we are a good fit for working together.