

TRAUMA THERAPY

Information Booklet



Sally Edwards

Psychotherapist | EMDR Therapist | Trauma Specialist

www.sallyedwards.com

Sally Edwards



I am a fully qualified psychotherapist and EMDR therapist specialising in trauma. My private practice is based in Kent, close to Orpington and Bromley, where I offer in-person therapy sessions. I also provide online therapy for clients across the UK.

I specialise in the impacts of trauma and PTSD, from events such as childhood neglect, sexual abuse, narcissistic abuse and injury, assault, domestic violence, accidents, serious illness, workplace trauma and financial trauma.

But I also work with clients with many other life challenges and emotional difficulties, such as depression, anxiety, stress and overwhelm, low self-esteem, relationship difficulties, life transitions, disordered eating and body image issues.

I have accumulated 20 years of extensive training and experience in a wide array of healing modalities, including complementary therapies, Reiki, eating disorder treatment, counselling, psychotherapy, trauma therapy, and most recently, EMDR.

In my work with clients I provide support using a trauma-informed approach, which means rather than asking, "What's wrong with you?" I am instead more interested in asking, "What's happened to you?" Because usually the issues we struggle with have a direct link to what we have been through in life.

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. Trauma is understood not merely as the external event itself but as the lasting impact it has on a person's mind and body. It fundamentally alters how the brain processes emotions and perceptions, often causing people to relive the traumatic event through flashbacks, nightmares, and heightened physiological arousal. Trauma disrupts the body's natural equilibrium, leading to chronic states of stress and anxiety. The body "keeps the score," holding onto these traumatic memories in ways that affect both mental and physical health. Healing from trauma involves recognising and addressing these embodied memories, fostering awareness and integration to reclaim a sense of safety and agency in the present.

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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

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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.

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.

FAQs

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, in addition to trauma and PTSD, 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 one hour. The frequency of sessions depends on your individual needs and goals, but most clients find that weekly sessions are beneficial, especially at the beginning of therapy.

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.

FAQs

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.

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?

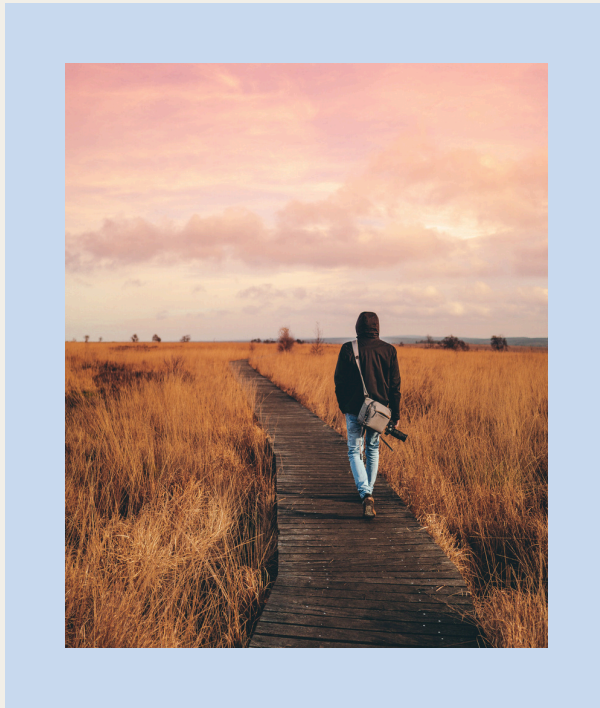
It's completely normal to feel a range of emotions during therapy, especially when discussing difficult experiences. If you ever feel uncomfortable or overwhelmed, please let me know. We can adjust the pace and approach to ensure you feel safe and supported.

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.



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.