

The Psychological Skills Service (PSS)

Trauma Processing Therapy

Information for service users, friends, family, carers, and GPs.



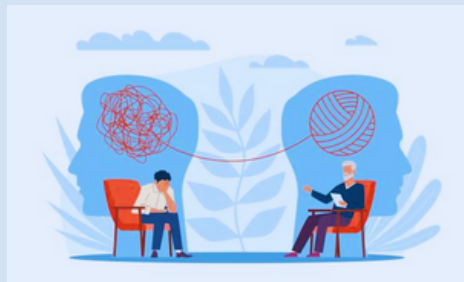
Leaflet published: June 2024
 Leaflet review date: September 2024

Is this pathway for me?

Do/have you...?

- Have a history of multiple traumatic experiences?
- Completed individual or group work aimed at equipping you with stabilising skills, such as regulating emotions, coping with anxiety, increasing self-soothing, learning about how to be more healthy in relationships, or keeping safe?
- Regularly use the above strategies to manage your difficulties?
- Feel safe?
- Have a good support system?
- Feel now is the right time to reprocess memories of traumatic experiences?

If so, this pathway may be for you.



What's it all about?

Many of us will experience something traumatic at some point in life: an experience which is threatening, scary, overwhelming, or out of our control. Following a traumatic event, you may feel shocked, scared, guilty, ashamed, angry, or vulnerable. For some people, the effects of trauma can last for a long time. This often tends to be when trauma is ongoing, repeated, with no means of escape, and if it happens in childhood. This is what we call complex trauma.

A three-phase approach is recommended when treating the effects of complex trauma.

- Phase 1: Safety and Stabilisation.
- Phase 2: Reprocessing
- Phase 3: Reconnection and Integration

Trauma processing therapy focuses on phase 2, processing. This phase is about processing the trauma, making sense of it, re-contextualising it.

There are a variety of therapies that can be used during phase 2 of trauma therapy. We understand that people react to trauma in different ways and, as a team, we draw on a number of evidence-based treatments, and a person's goals, to decide which approach is the best fit for the client.

Some common therapies used in this phase include Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), and Narrative Exposure Therapy (NET). Each of these methods has its own unique approach to helping individuals process and make sense of their traumatic experiences.

EMDR, for example, involves guided eye movements that help the brain reprocess traumatic memories, reducing their emotional impact. CBT focuses on identifying and changing unhelpful thought patterns and behaviors associated with trauma. NET combines the recounting of traumatic events with the creation of a cohesive narrative, allowing individuals to integrate these experiences into their overall life story.

It is important to remember that therapy is a collaborative process, and the relationship between therapist and client plays a crucial role. Trust, empathy, and a safe therapeutic environment are fundamental to effective treatment. Therapists work closely with clients to ensure they feel supported and understood throughout their healing journey.

Phase 3, Reconnection and Integration, involves rebuilding a sense of self, establishing healthy relationships, and finding meaning and purpose beyond the trauma. This phase encourages individuals to reconnect with their community, engage in fulfilling activities, and develop a positive outlook on the future.

Healing from complex trauma is a gradual process, and progress can sometimes feel slow. However, with the right support and therapeutic interventions, individuals can reclaim their lives, build resilience, and move forward with hope and strength.

How can I access interventions by the Psychological Skills Service?

To access our interventions you must be referred to us. To do this, please visit your GP who can then make a referral via the Primary Care Mental Health Team (PCMH). If you are currently already open to a Mental Health Service, please discuss this with them and they may be able to make a direct referral to PSS. If your referral is suitable, we may offer you an assessment session with one of our clinicians to explore which intervention may be best for you.

What will I have to do?

Trauma Processing Therapy involves attending weekly one-to-one sessions. During these sessions, you will have the opportunity to talk through your traumatic experiences. Your therapist will help you to process these memories, make sense of them, and reduce the negative impact they have on your life.

We appreciate that elements of this therapy may be challenging or overwhelming - you can discuss these feelings with your clinician and make a plan together of how best to support you.



Structure and Content

Advanced Individual Therapy involves attending weekly one-to-one appointments. Each session lasts approximately 50 minutes.

You will be invited to attend a one-to-one review appointment first. You will meet with your therapist to discuss your goals and needs, to determine which type of trauma therapy will be best suited to you.

Following your initial review appointment, you will be offered weekly appointments. This is a longer term therapy, and you will be offered up to a maximum of 30 sessions. However, your needs, progress towards goals, and well-being will be reviewed every 8 sessions. This is because the way in which people reprocess memories is different and you may not require as many as 30 sessions.

Contact Details

Tel: 01733 746811



17 Bridge Street, Peterborough, PE1 1HJ.

Chesterton Medical Centre, Union Lane, Cambridge, CB4 1PX.

Newtown Centre, Nursery Road, Huntingdon, PE29 3RJ

Agenoria House, Churchill Road, Wisbech, PE13 3AB

Frequently Asked Questions

What if I can't attend a session?

Let us know as soon as possible. If you do not attend without contacting us to cancel, it will mean you miss a session. We cannot offer you an alternative day/time/ If you miss too many sessions, we may discharge you back to the care of your GP as it may not be the right time for you for therapy.

Where will appointments take place?

All appointments are currently face-to-face. These will take place at Peterborough Town Hall or Chesterton Medical Centre, depending upon your location. Sessions can be offered via Microsoft Teams if preferred.

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail: palsandcomplaints@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.



Pride in our adult and specialist mental health services

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CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help

HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF

T 01223 219400

F 01480 398501

www.cpft.nhs.uk



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