

IF YOU HAVE...

Trauma-related obstacles

YOU CAN TRY...

Talking about the **impact** of the trauma, (not the trauma) to **reframe your thoughts** and move past your stuck points.

THIS WORKS BY...

Introducing **new** and **different thoughts** that help to break negative thought loops.

THIS IS CALLED...

CPT – Cognitive Processing Therapy

## Talk Therapies for PTSD



RECLAIMING  
YOUR PATH

IF YOU HAVE...

Situations or memories you avoid because of trauma

YOU CAN TRY...

Learning **deep breathing** techniques to help you **stay calm** and then gradually talk more and more about the trauma.

THIS WORKS BY...

**Remembering the trauma** and your fear so often that they don't bother you as much anymore.

THIS IS CALLED...

PE – Prolonged Exposure

FACEBOOK



reclaimingyourpath.org

IF YOU HAVE...

**Painful visual memories and flashbacks**

YOU CAN TRY...

**Bringing up those memories** while following back and forth movements with your eyes.

THIS WORKS BY...

Making traumatic memories less vivid and **creating space** to reinterpret them.

THIS IS CALLED...

**EMDR – Eye Movement Desensitization & Reprocessing**

## Talk Therapies for PTSD



IF YOU HAVE...

**Multiple traumatic experiences**

YOU CAN TRY...

**Telling your life story** as a timeline that includes all experiences, good and bad.

THIS WORKS BY...

**Moving traumatic memories** into the past and out of the center of your life.

THIS IS CALLED...

**NET – Narrative Exposure Therapy**

