

SPECIALIZED THERAPY FOR TRAUMA

There are some specialized therapy practices for addressing trauma. We are providing you with a **brief** description of some of these specialized treatments. You will also want to know from your potential therapists how they became trained in a specialty, their experience in using it and whether they have worked with others who have experiences and concerns similar to yours. To understand each of these specialties in more detail, we are including some sources for researching these methods on your own.

This is not intended to be a comprehensive list of all trauma specialties or resources.

For additional assistance with choosing the right therapist for you, contact the Vegas Strong Resiliency Center at 702-455-2433 or 833-299-2433 or vegasstrongresiliencycenter@clarkcounty.nv.gov

Prolonged Exposure Therapy (PE or PET)

A type of trauma-focused psychotherapy that teaches you how to gradually approach trauma-related memories, feelings and situations that you have been avoiding since your trauma.

Eye Movement Desensitization and Reprocessing (EMDR)

A physiologically based therapy that helps you process and make sense of trauma, seeing it in a new and less distressing way. It involves calling the trauma to mind while paying attention to a back-and-forth movement or sound. It is known to help with symptoms such as flashbacks, nightmares, and panic attacks.

Cognitive Behavioral Therapy (CBT)

Cognitive behavioral therapy focuses on the relationships between thoughts, feelings and behaviors. It targets current problems and symptoms; and focuses on changing patterns of behaviors, thoughts and feelings that lead to difficulties in functioning.

Cognitive Processing Therapy (CPT)

Cognitive processing therapy is a specific type of cognitive behavioral therapy that teaches you how to evaluate and change the upsetting thoughts you have had since your trauma. By changing your thoughts, you can change how you feel. In CPT you will learn a new way to handle the upsetting thoughts and ultimately you can decide whether or not it makes sense to take a new perspective.

Narrative Exposure Therapy (NET)

With the guidance of the therapist, you establish a chronological narrative of your life, focusing on the traumatic experience, but also incorporating some positive events. By expressing the narrative, you fill in details of fragmentary memories and develop a coherent autobiographical story. In so doing, the memory of a traumatic episode is refined and understood. Often, small groups of individuals receive four to 10 sessions of NET together, although it also can be provided individually.

Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is used for children and adolescents impacted by trauma and their parents or caregivers. It incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques. It can be used with children and adolescents who have experienced a single trauma or multiple traumas in their lives.

Suggested sources for additional information:

<https://www.ptsd.va.gov/decisionaid>

<https://www.apa.org/ptsd-guideline/treatments/index.aspx>

<https://tfcbt.org/>

https://www.samhsa.gov/search_results?k=disaster

Emergency Resources:

Disaster Distress Helpline 1-800-985-5990

National Suicide Prevention Lifeline 1-800-273 TALK (8255)

Training and Certification Requirements information:

Professional certification for **PE** includes a live in-person intensive training , supervised practice and the recommendation of a certified PE Consultant.

https://www.med.upenn.edu/ctsa/certification_requirements.html

(Perelman School of Medicine, University of Pennsylvania)

Professional certification to conduct **EMDR** includes required reading materials, two levels of live training, supervised practice and ongoing continuing education. Certification is not required to practice EMDR therapy. It is an additional credential that can be earned once initial EMDR training is completed.

<http://community.emdria.org/home> *(EMDR International Association)*

A certification program in **CBT** includes completion of a primary or introductory training program.

Certification is effective for five (5) years. <http://www.nacbt.org/certifications-htm/>

(National Association of Cognitive Behavioral Therapists)

<https://cptforptsd.com/cpt-provider-roster/>

(Cognitive Processing Therapy for Posttraumatic Stress Disorder)

Training for **NET** includes 2 – 4 full days of professional training and may involve supervised practice.

<https://www.apa.org/ptsd-guideline/treatments/narrative-exposure-therapy.aspx>

(American Psychological Association)

Certification in **TF-CBT** includes web-based training, in-person clinical training and consultation.

<https://tfcbt.org/members/>

(Trauma Focused Cognitive Behavioral Therapy National Therapist Certification Program)