

How do we treat Trauma?

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Bridging the Gap





What I'm not going to talk about

- ▶ Treating simple one incident trauma
- ▶ Research, this is a practice based presentation
- ▶ How to do the therapies - I need 2 days!

Who are we?



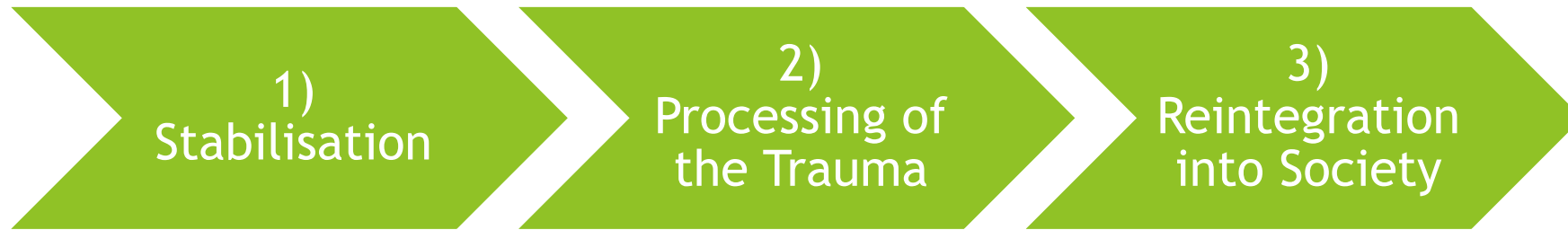


Who am I talking about today

- ▶ Survivors of abuse
- ▶ Perpetrators of abuse
- ▶ Multiple trauma survivors
- ▶ Individuals with attachment trauma

The beginnings

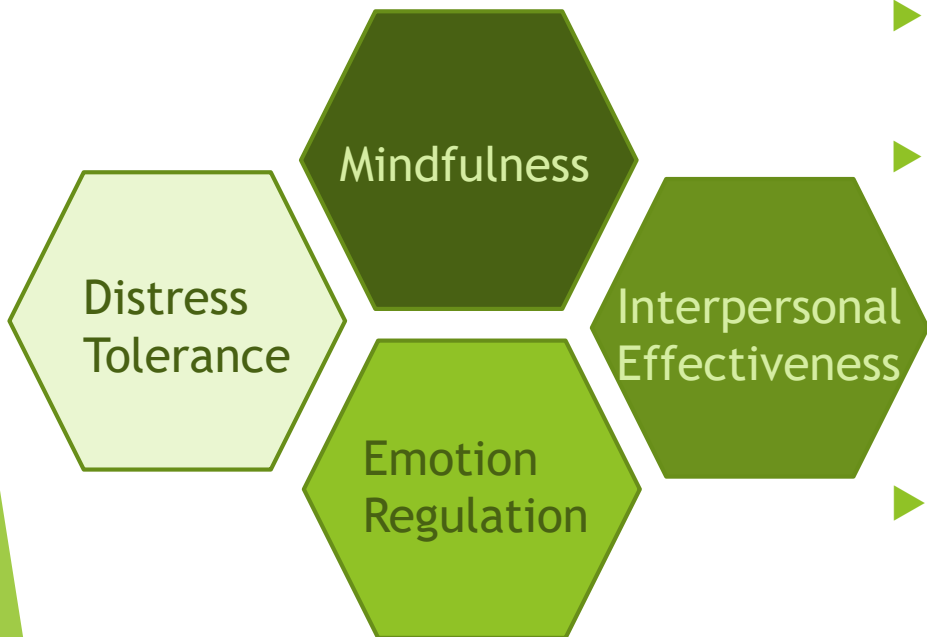
- ▶ Building a relationship
- ▶ A Phase based model -



- ▶ But 1) and 3) are done together at the start
- ▶ Aim to increase skills and motivation
- ▶ Build a life worth living/ staying out of prison for.
- ▶ Relapse prevention

The models

DBT (Dialectical Behaviour Therapy; Marsha Linehan, 1993)



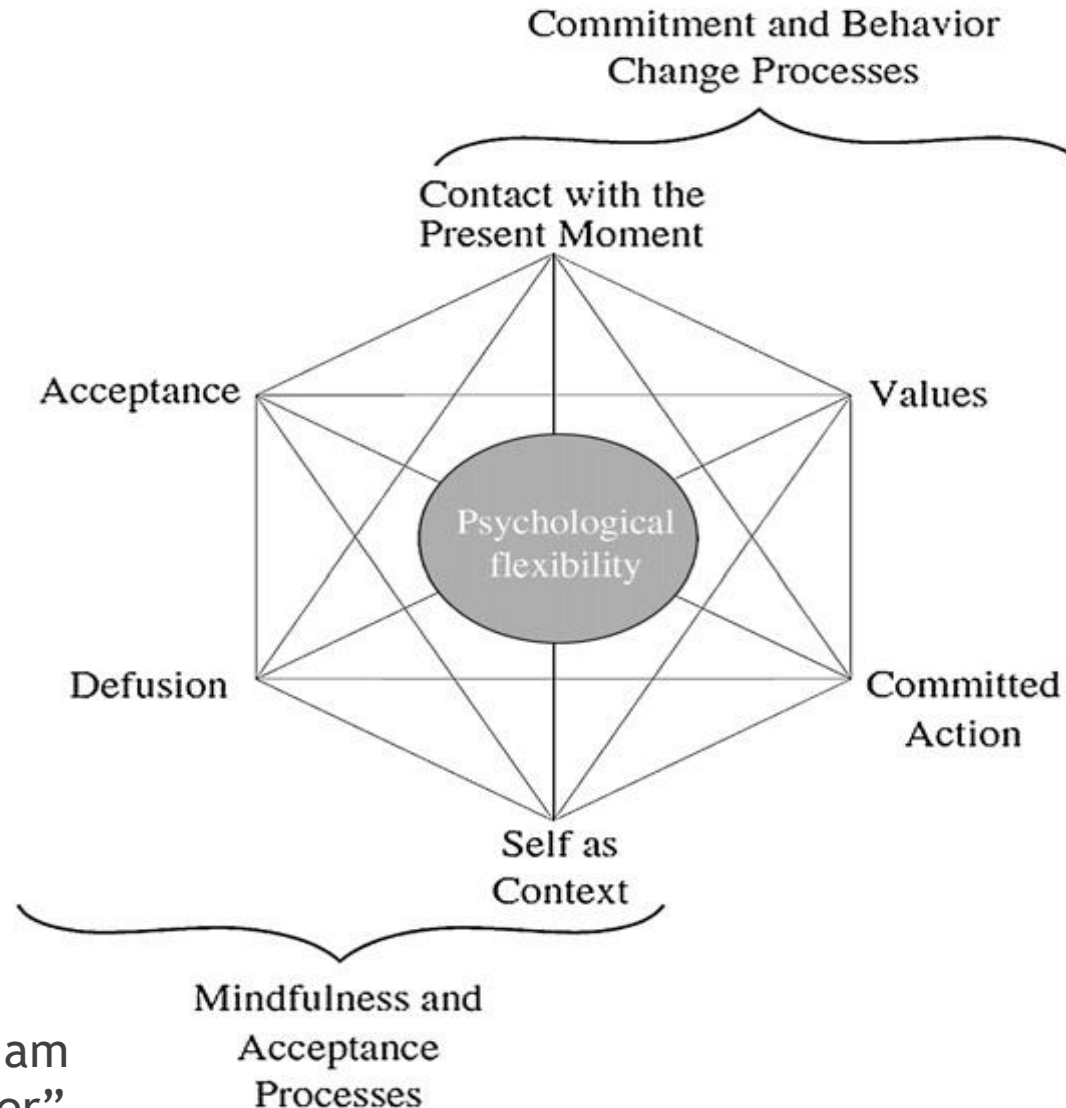
- ▶ Skills based for BPD initially, focus on suicidality
- ▶ Growing evidence base for Bipolar, Eating Disorders
- ▶ Start with the foundation - emotion regulation:
 - ▶ Sleep, treating physical illness, eating regularly, reduce substance misuses, increase medication compliance, exercise
- ▶ This can take 6 months or more in reality



ACT (Acceptance and Commitment Therapy)

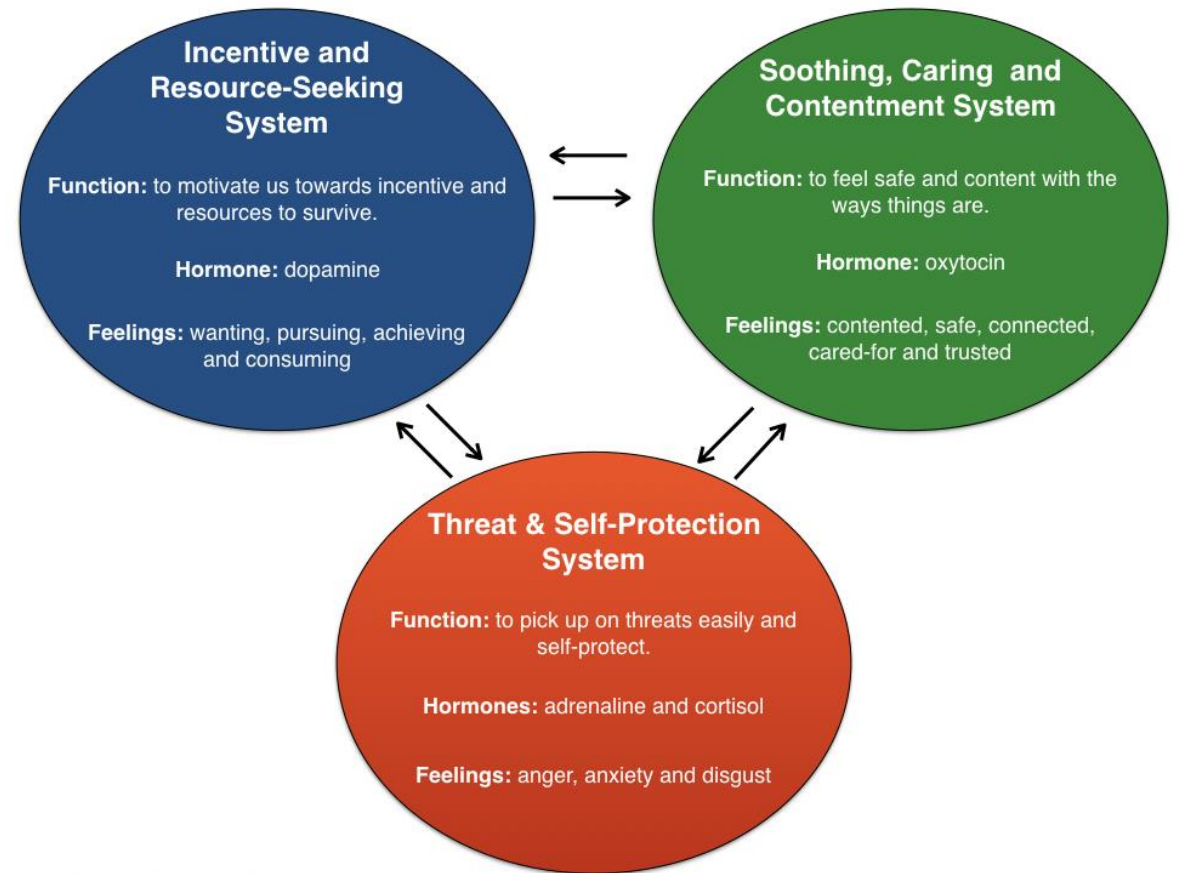
- ▶ Behavioural from the CBT tree
- ▶ The Happiness Trap by Russ Harris - our bible
- ▶ No challenging of thoughts
- ▶ Expansion with emotions - sitting with it but more
- ▶ Lets have a go.....
- ▶ Acceptance of thoughts and feelings, like the dialectic part of DBT

- ▶ “Everything is as it should be, I am doing my best but must do better”



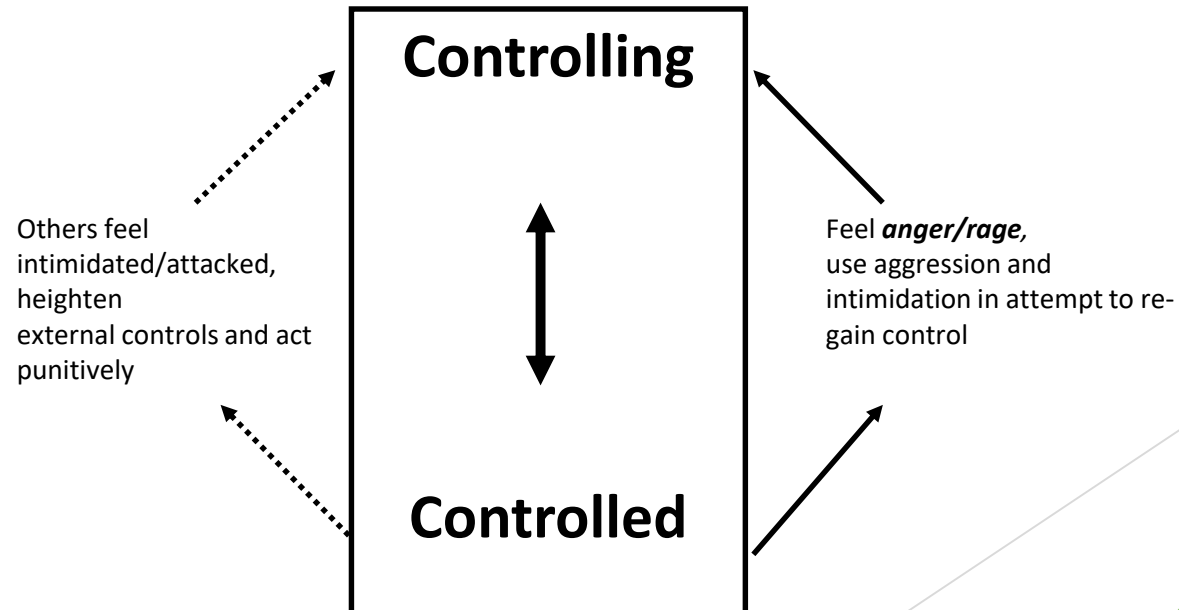
CFT (Compassion Focused Therapy)

- ▶ From Deborah Lee and Russell Kolts work
- ▶ Learning to be compassionate towards ourselves
- ▶ Psychoeducation about the effect of trauma on the brain
- ▶ Understanding Drive, Soothing and Threat systems
- ▶ Compassionate imagery
- ▶ Reduce shame and enable processing, often psychoeducation in a group for 12 weeks reduces PTSD symptoms (Deborah Lee)

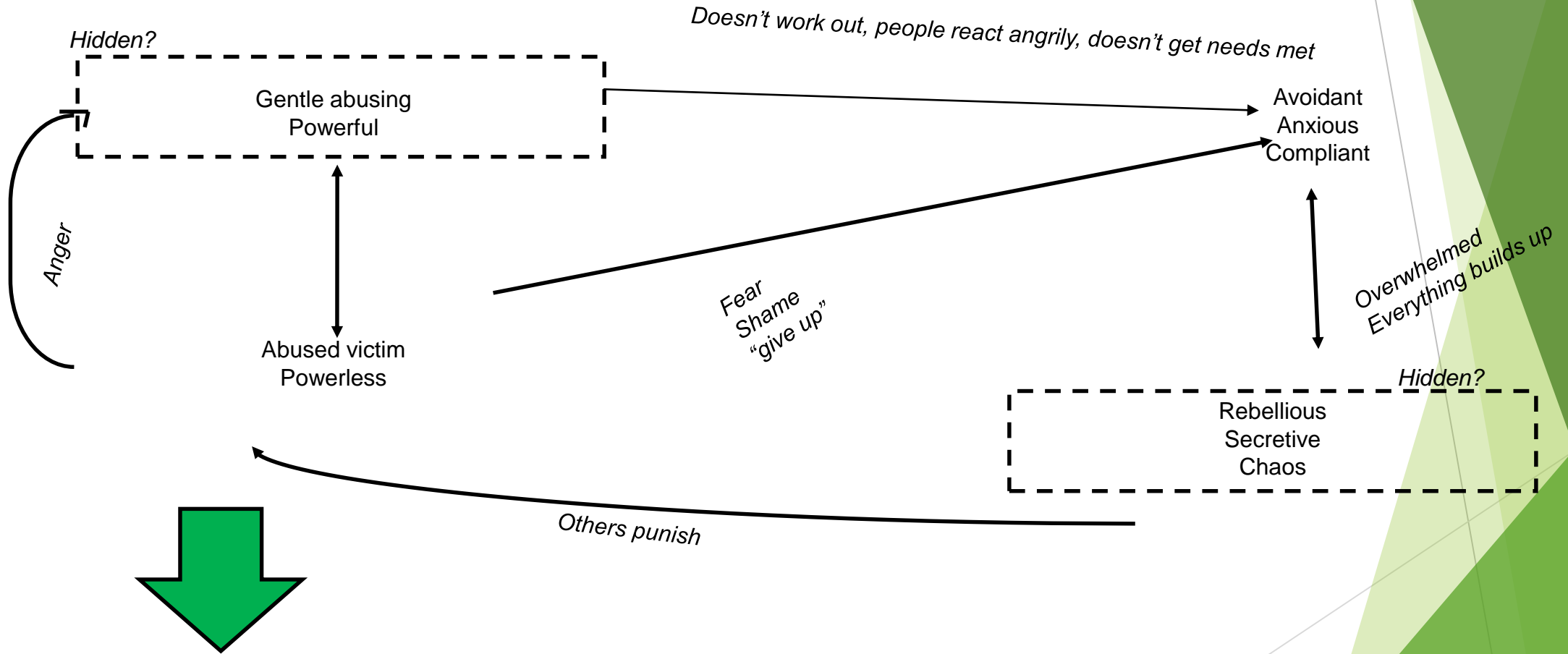


CAT (Cognitive Analytic Therapy)

- ▶ A good basis for the formulation
- ▶ Social learning based reciprocal roles
- ▶ Integration of CBT and Psychodynamic
- ▶ The foundation of the intervention
- ▶ Support systems to understand their responses to clients:



An example of our work



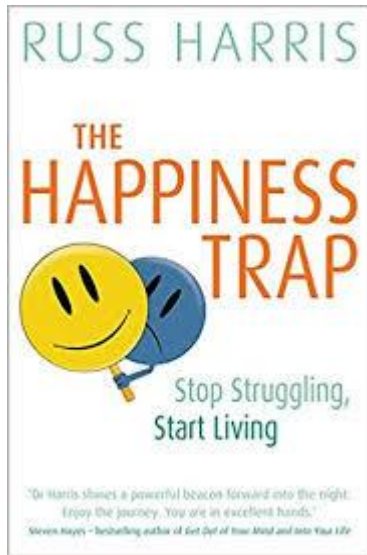
CFT psychoed– around anxiety and shame, understanding and nonblaming

DBT Interpersonal effectiveness– learning and modelling choice and ways to express and assert own feelings and needs

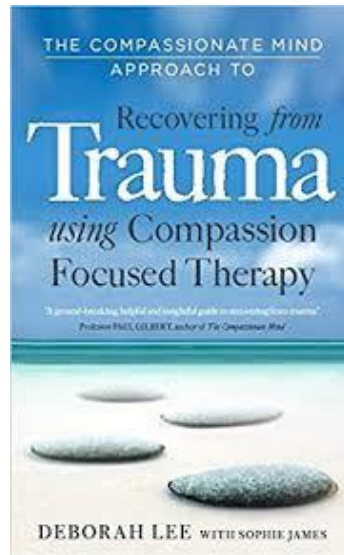
ACT– expansion, acceptance, overcoming avoidance, learning to tolerate tricky emotions

Values– exploring identity and shaping life around this

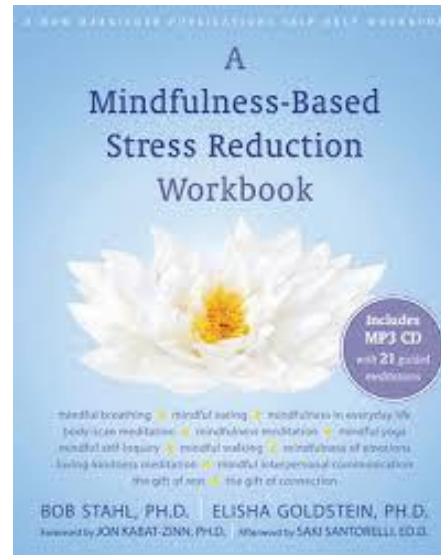
Reading for the enthusiasts



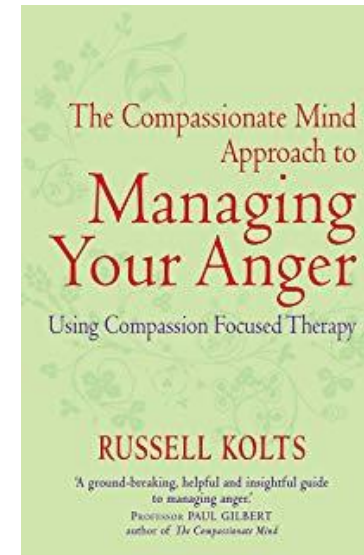
ACT
The Happiness
Trap
- Russ Harris



CFT
Recovering
from Trauma
using CFT
- Deborah Lee



DBT
A Mindfulness-Based
Stress Reduction
Workbook
- Bob Stahl



CFT
True Strength
- Russell Kolts



CAT
Change for the
Better
- Elizabeth
Wilde
McCormick



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