



Amden Counselling Services

PSYCHOTHERAPY · COUNSELLING · MEDIATION



OVERCOMING TRAUMA



Understanding and Treating Trauma

Trauma can profoundly impact an individual's mental, emotional, and physical well-being. At Amden Counselling Services, we specialize in providing comprehensive and compassionate care to those affected by traumatic experiences. Understanding that trauma can result from a single catastrophic event or an accumulation of smaller, distressing incidents, our approach is tailored to address the unique circumstances and needs of each client. The Nature of Trauma is not solely defined by the events themselves but by the individual's response to those events. While some may experience trauma from a one-time incident such as an accident or a violent attack, others may suffer from what is known as complex trauma, which results from repeated and prolonged exposure to highly stressful situations.

Examples of trauma may include long-term abuse, neglect, road traffic accidents, or having lived in a conflict zone. This certainly is not a definitive list of traumas as there are numerous events which can lead to trauma.

The effects of trauma are not just psychological; they are also physical. Trauma can leave a lasting imprint on our body and mind, influencing our emotional responses and physical health. The symptoms of trauma can vary widely but often include psychological disturbances such as flashbacks, anxiety, and depression, as well as physical symptoms like unexplained pain and chronic fatigue.

Trauma Held in the Body

One of the pioneering and current understandings in trauma therapy is recognizing that trauma is not only held in the mind but also embodied within the physical self. The body keeps a score of the trauma experienced, often leading to somatic symptoms. To address this, the Counselling Services offers somatic therapy, a therapeutic approach that focuses on the connection between the mind and body. Somatic therapy helps individuals reconnect with their bodies, learn to understand the physical cues of their trauma and release the tension held within.



Somatic Therapy Explained

Somatic therapy combines talk therapy with physical techniques to help a person release the pent-up tension that is affecting their physical and emotional health. Techniques may include deep breathing, relaxation exercises, and other physical strategies to help reduce the symptoms of trauma. By focusing on the body's sensations, clients learn to recognize their body's response to stress and trauma, which is a critical step towards healing.

Signs and Symptoms of Trauma

Recognizing the signs and symptoms of trauma is the first step towards recovery. At Amden Counselling Services, we educate our clients and also their families on what to watch for, which may include:

Emotional & Psychological Symptoms:

- Persistent sadness or depression
- Feelings of anger and irritability
- Flashbacks and nightmares
- Anxiety and fear
- Feeling disconnected or numb

Physical Symptoms:

- Exhaustion and fatigue
- Insomnia or other sleep disturbances
- Being easily startled
- Difficulty concentrating
- Muscle tension and chronic pain

Psychotherapeutic Interventions

At Amden Counselling Services, our therapeutic interventions are designed to not only treat the mind but also address the physiological effects of trauma. Our integrated approach includes:

Cognitive Behavioral Therapy (CBT): Helps individuals reframe negative thought patterns about the trauma and develop more constructive ways of thinking and responding.



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Eye Movement Desensitization and Reprocessing (EMDR): An extensively researched, effective psychotherapy method proven to help people recover from trauma and PTSD. EMDR facilitates the processing of traumatic memories and allows normal healing to resume.

Psychodynamic Psychotherapy: Focuses on building awareness of unconscious thoughts and behaviors, enabling the processing of unresolved conflicts and traumatic pasts.

A Safe and Nurturing Environment

Understanding that the space in which therapy takes place is as important as the therapy itself, Amden Counselling Services is designed to be a safe, calm, and nurturing environment. Our state-of-the-art facilities provide a tranquil backdrop ideal for fostering healing and growth.

We view the treatment of trauma as a holistic endeavour that necessitates attention to both the psychological and somatic aspects of the individual. Our diverse range of therapies and expert team are dedicated to guiding each client through their unique healing process, helping them reclaim their life from the grips of trauma. Our commitment to providing a compassionate, comprehensive treatment approach ensures that each person who walks through our doors receives the support necessary to navigate their journey towards recovery.

You can contact us by email admin@amdensuites.ie or through our website www.amdencounsellingservices.ie

You can contact a Therapist directly by phone.
Details of each Therapist can be found on www.amdencounsellingservices.ie

The Amden Suites, Floor 2, The Atrium, Blackpool Business Park

Directions: [Click Here](#)

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