

Joseph P. Carlino, LCSW-R, CP
PO Box 867 Geneva, NY 14456
585-506-8728

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Healing from Trauma

Trauma can feel overwhelming, leaving deep-lasting emotional and physical imprints. Healing from trauma is possible with the use of a gentle therapist witnessing your pain. I've helped many individuals regain control over their lives.

There are many ways to begin to heal trauma despite what the literature states or other therapists might say. Here are a few steps towards healing:

1. Acknowledge your trauma without judgment.

Don't minimize your experiences thinking, "It wasn't that bad or I should be over this by now." Recognizing your pain without self-judgment is the first step toward healing and getting your life going. Keep a journal, writing down your feelings and your triggers. Often times triggers in the environment will trigger old traumas. At times, someone who is current in your life may have an attitude or say something that someone in your past said with a tone. If you find yourself overreacting, walk away and write it down in a journal.

2. Create a support system.

This is often not an easy task. In session with me, I can help you create such a support system. We all need people in our lives to share with and talk to. We all need to be validated and supported.

3. Deep breathing relaxation exercises:

I can teach you these in session. If the trigger in the current environment is overwhelming and breathing doesn't work, try grounding techniques.

4. Grounding techniques:

These are techniques to take you away from the trauma. Simply think of other thoughts, such as five things you can see in your environment. Music that you absolutely love, food that is incredibly tasty, etc. In this way you are calming yourself down and will go back to that particular trauma at another time in another session with me.

5. Trauma processing:

Review the trauma in a safe environment, such as with me as your trauma therapist – a safe environment where there is no judgment. Just review and speak at length about what you experienced and embrace the emotions as needed without harm to self.

6. Self-talk:

When you are alone and you feel triggered by something or someone in the environment, try self-talk. Approach yourself with kindness. Pause and say to yourself, "I'm noticing this feeling. It's okay to feel this way. I am safe now." This small shift in self-talk can create a sense of emotional safety.

If being vulnerable feels difficult and scary, start by noticing who in your environment makes you feel safe. It could be a close friend, a support group, or a therapist such as myself. You don't have to prove anything; you just need to be kind to yourself.

7. Role play:

Role playing in a safe therapeutic environment is sometimes very helpful with a therapist who has the skills to create safety and has been trained in this technique. At times, it can create a release inside of yourself where the trauma is not as intense as with triggers. You can discuss this in therapy.