



4 WAYS THAT TRAUMA-FOCUSED THERAPY IS DIFFERENT FROM REGULAR MENTAL HEALTH COUNSELING

Trauma-focused therapy recognizes that trauma has widespread impacts - but that recovery IS possible

Trauma-focused therapy looks to examine past traumatic experiences and see how they're connected to the individual's current mental health.

Trauma-focused therapists recognize the signs and symptoms of trauma

Trauma-informed clinicians are aware of the signs and symptoms of trauma in both children and adults and use their knowledge and experience to diagnose and address trauma.

Trauma-focused organizations respond by fully integrating their trauma knowledge into their policies, procedures, and practices

At Region Five, our clinicians are trained in trauma and, through our CSBs, we provide trauma-informed crisis intervention, individual counseling, family counseling and more.

Trauma-focused therapy seeks to actively resist re-traumatization

When addressing trauma, you'll be asked to talk about the things you've experienced. This can cause re-traumatization, but trauma-informed therapists actively work to avoid re-traumatization and minimize harm.