



**ASSIST TRAUMA  
CARE**

**ASSIST TRAINING**

# Treatment of Flashbacks

## Initial Session

The need / aim is to educate the individual as to the reason for and meaning of flashbacks. They need to be recognised as a normal response to an abnormal and traumatic occurrence. This is known as 'normalisation'. Explore with the individual how their experience of trauma has changed their view of the world.

## Subsequent Sessions

These will involve the development of coping mechanisms. Usually there is a need to look at trigger factors.

There are a number of areas which can be explored with the individual:

- How the flashbacks present – client's own description
  - Can any causes / triggers be identified? Use of a diary can help here.
  - When / in what circumstances did the last one occur?
  - Is the flashback to any particular part of the trauma?
  - What particular meaning does the flashback have for the individual?
  - Do any thoughts / sensations precede the flashback, enabling it's onset to be recognised early?
  - Has the individual ever experienced flashbacks before?
  - Have any coping mechanisms been developed so far?
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