



ASSIST TRAUMA
CARE

ASSIST TRAINING

Processing the Memories

Many different procedures and techniques have been suggesting for helping an individual to deal with flashbacks

The most successful have in common some means of processing the traumatic memory

- **The individual is encouraged to make sense of what is happening and make the experience available to normal consciousness**
- **The use of narrative to place the flashback experience into a proper context can be helpful. Some people find this type of processing works best verbally, others find it easier to write, still others to paint or draw.**
- **Look, with the client, at possible hidden meanings behind flashbacks, eg. Feelings of responsibility, guilt, blame, vulnerability.**
- **Discuss upsetting dreams and possible meanings**
- **Discuss different control techniques. Give positive feedback when some control has been exhibited over flashbacks. Validate and reinforce success when appropriate.**
- **Even when control is experienced relapse should be explored and normalised.**

Some types of flashback require specialist expertise. These include flashbacks during sexual relations and Dissociative Identity Disorder.

