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.