Avoidance is both a symptom and a cause of difficulties post-trauma.

Unlike avoidance following bereavement, the avoidance that follows trauma does not reduce naturally with time, but can intensify instead.

It is therefore necessary for post-trauma therapy to work actively with avoidance.

**Therapy for Avoidance**

* Educate client regarding need to work with avoidance

* Cognitive Behavioural Therapy—It is very important to set achievable goals, however small, so that the client succeeds. Achievement thus becomes learned. Encourage client to record progress on chart or similar.

* Exposure Therapy—*In Vivo* or *In Vitro*

* Systematic Desensitisation

* EMDR

All therapy or homework should be guided by the client, in a controlled setting and time limited. It is vital that the client feels he/she is taking and keeping control.