

ASSIST TRAUMA
CARE

ASSIST TRAINING

Working with Avoidance

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.

