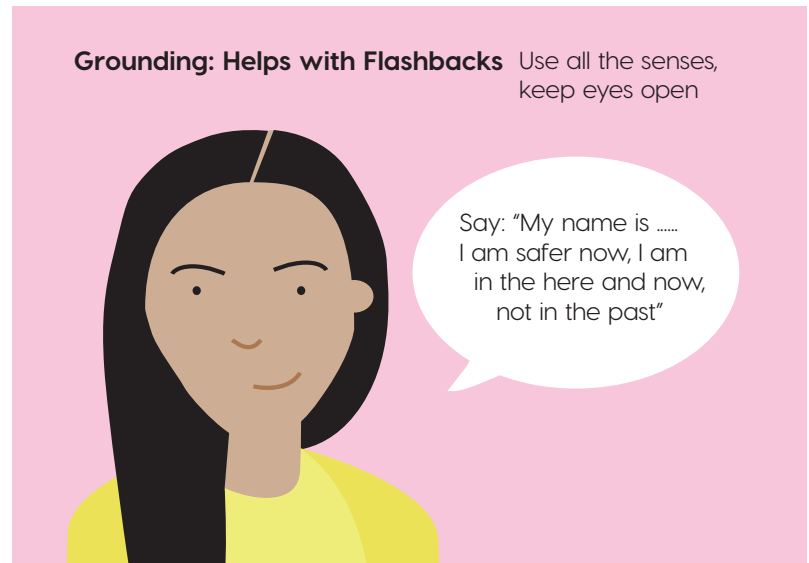


Trauma memories are like clothes and linen that are messily shoved into a wardrobe



The slightest nudge (trigger) can cause the door to burst open and everything fall out (flashback).



**Grounding: Helps with Flashbacks** Use all the senses, keep eyes open

Say: "My name is .....  
I am safer now, I am  
in the here and now,  
not in the past"



**Grounding**

Remember my safe place  
(try safe place meditation)

Play a categories game  
(naming types of dogs, cars,  
jobs etc?)



**Grounding**

Stretch the whole body  
Splash cold water on your face



**Grounding**

"The worst is over"

"This will pass"



**Grounding**

"It's just a flashback"

"I am more than my trauma."

What statements help me cope?

My personal grounding plan



### The Memories

Therapy is like taking things out of the wardrobe carefully and looking at them, thinking about them and talking about them.

### Updating Memories

Is like folding the things from the wardrobe and returning them in a way that is better organized, so that they don't burst out at the slightest touch.



## Updating Memories

Reminding ourselves:  
What do I know now  
that I didn't know then?



TRIGGER

TRIGGER

## Updating Memories

Turning towards a trigger:  
examining it closely, looking  
for all the ways it is different  
to the original memory.

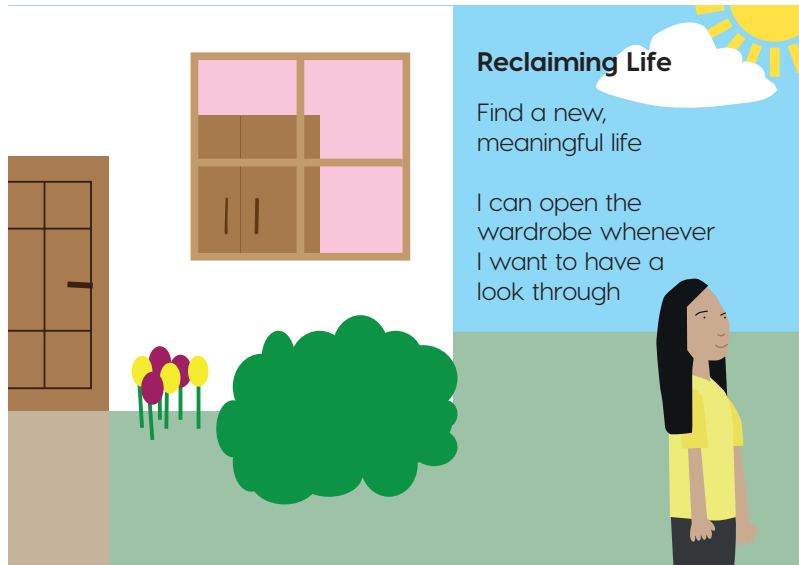
Use all the senses

Which memory updates help me?

## Reclaiming Life

Stop Avoiding

Do more of what  
I used to enjoy



Deep down, what truly matters most?  
What does a meaningful life look like to me?

**Other resources:**

On line self help:  
<https://www.getselfhelp.co.uk/ptsd.htm>

Information:  
<https://www.nhs.uk/conditions/post-traumatic-stress-disorder-ptsd/treatment/>  
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/>

On-line support - Mind Mental Health Charity:  
<https://www.elefriends.org.uk/>

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