



Trauma Therapy

Trauma therapy can treat the feelings and thoughts that may linger after the event in a supportive and trusting environment.

Cognitive processing therapy

Cognitive processing therapy is a specific type of cognitive behavioral therapy that helps patients learn how to modify and challenge unhelpful beliefs related to the trauma.

Exposure therapy

Prolonged exposure teaches individuals to gradually approach their trauma-related memories, feelings and situations. As a client, you learn that trauma-related memories and cues are not dangerous and do not need to be avoided.

EMDR

Eye Movement Desensitization and Reprocessing is a structured therapy that encourages the patient to briefly focus on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which is associated with a reduction in the intensity and emotion associated with the trauma memories.

Theraplay Attachment

Theraplay is a short-term, attachment-based intervention using non-symbolic, interactional play to re-create experiences of secure attachment formation between parent and child. The interactive sequences are carefully structured by the therapist to make possible the pleasure of being together and shared enjoyment in the child's mastery.



Call 605-322-4079 for more information.



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Many people experience trauma throughout their lives that may lead to feelings of anxiety, sadness or anger. These symptoms can cause difficulties in relationships, sleep and functioning on a daily basis.

Your Team



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