

TRAUMA-INFORMED THERAPIES

Here is a partial list of the kinds of therapies that can relieve PTSD symptoms and the self-esteem injuries associated with them. This is not an exhaustive list, as new trauma-focused therapies are being developed all the time. Effective trauma therapy needs to access the parts of the brain where fragmented memories are stored, recalibrate the meaning, take them out of isolation, and connect them with the logical, sequential parts of our brains.

This can be achieved by utilizing what therapist Shelley Bartels calls our “sanctified imagination” or, as therapist Helen Hofman calls it, our “Redeemed Imaginative Tools” to revisit and reframe painful memories in ways that mere talk therapy can’t reach alone.

The Bible is filled with metaphors, symbols, parables, dreams, visions, and illustrations, which the Lord uses to teach us godly truths. In the same way, a skilled Christian trauma therapist can guide you back to former abusive experiences and allow the Lord to inject himself into the memory with truth-filled, nurturing messages and corrective visuals to counter the negative beliefs we associate with each distressing event.

If you are experiencing the kinds of symptoms I discussed in Chapters 3 and 4 of my book, [*Redeeming the Post-Affair Divorce*](#), consider finding an experienced trauma-informed therapist who uses at least one of these modalities.

- **Transformational Prayer Ministry**, developed by Ed Smith.
(Formerly known as Theophostic Prayer.) <https://www.transformationprayer.org/>
- **Lifespan Integration**, developed by Peggy Pace, M.A.
The Trauma Protocol is especially useful to help victims of trauma.
<https://lifespanintegration.com/>
- **The Healing Timeline**, by Cathy Thorpe, M.A.
Cathy incorporates a simpler method for healing memories. Used by therapists, coaches and Lay Counselors. <https://healingtimeline.org/>
- **Prolonged Exposure Therapy**
Prolonged exposure to the activating event, actual or imagined.
<https://www.choosingtherapy.com/post-traumatic-stress-disorder/>
<https://www.usmedicine.com/current-issue/prolonged-exposure-therapy-showed-some-advantages-in-treating-ptsd/>
- **Eye Movement Desensitization and Reprocessing (EMDR)**, developed by Francine Shapiro, Ph.D. One of the most researched and clinically validated treatments for trauma. <https://www.emdria.org/>
- **Attachment-Focused EMDR**, adapted by Laurel Parnell, Ph.D.
<https://drlaurelparnell.com/>
- **Accelerated Resolution Therapy (ART)**, founded by Laney Rosenzweig. A brief therapy to remove negative mental images associated with PTSD.
www.acceleratedresolutiontherapy.com

- **Emotional Transformation Therapy (ETT).** Developed by Psychologist Stephen Vasquez in 1991. <https://www.etttraining.com/>
- **Internal Family Systems**, developed by Richard Schwartz, Ph.D. <https://internalfamilysystems.pt/index.php/intervenientes/richard-schwartz>. I especially appreciate how Jenna Riemersma frames Internal Family Systems from a Christian perspective. <https://www.amazon.com/Altogether-You-Experiencing-spiritual-transformation/>
- **Cognitive Restructuring** for Betrayal Trauma, as taught by Doug Weiss and Robert Weiss.
<https://www.drdougweiss.com/> (Dr. Doug Weiss' site)
<https://sexandrelationshiphealing.com/> (Dr. Robert Weiss' site)
- **APSATS Three-Dimensional Model.**
Specialized training for therapists who treat partners/former partners of sex addicts. <https://www.apsats.org/specialists#!directory/map>
- **Complex Trauma Treatment.** Training by Janina Fisher, Ph.D. <https://janinafisher.com/>
- **The Institute for Sexual Health.** Developed by Dr. Omar Minwalla. Any therapist trained by him will be very effective. <https://www.minwallamodel.com/>
- **Somatic Experiencing and Sensorimotor Body Therapies.** Dr. Peter Levine, Dr. Pat Ogden, & others. Somatic therapies focus on helping the body release the pent-up energy and traumatic shock still trapped in the body. <https://traumahealing.org/se-101/>
- **Brainspotting (BSP).** Developed by Dr. David Grand.
Brainspotting (BSP) is a relatively new method for processing trauma that focuses on locations in the visual field and the corresponding 'spots' in the subcortical brain. <https://brainspotting.com/>
- **The Safe and Sound Protocol (SSP)** – auditory-based therapy. Developed by Dr. Stephen Porges. <https://www.whatisthessp.com/>,
<https://integratedlistening.com/polyvagal-theory/porges/>
- **Emotional Transformation Therapy (ETT).** A therapeutic method that incorporates light, color wavelengths, and eye movements. Developed by Dr. Stephen R. Vasquez. <https://www.etttraining.com/>
- **Kali Connection Therapy (KCT)** developed by Mara Giovanni.
KCT blends bilateral stimulation, cooperative movement, and attunement to create a safe and engaging way to promote healing. <https://www.kaliconnectiontherapy.com/>
- **Art Therapy or Dance Therapy** for PTSD Victims.
<https://www.healthline.com/health/art-therapy-for-ptsd>