

5 Statements to Engage Clients of Trauma

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3/16/2017

While there has been considerable research into effects and treatments of trauma, little work has been focused on specific and *brain based* intervention strategies to help traumatized clients who are also avoidant of attachment.

Many clients cope with traumatic experiences by minimizing painful feelings, by becoming emotionally distant and by devaluing interpersonal closeness, intimacy and feelings of vulnerability.

When supporting wounded people who adopt a self-protective help-rejecting stance, therapy, parenting and relationship can prove extremely challenging for client and other alike.

Drawing upon attachment theory, current research in neuroscience and mindfulness, along with ancient wisdom in healing along with a wealth of clinical and life experience, Jules Alvarado has created clear, brain based and relational paradigms for healing within the population of traumatized people.

Through [Emotional Regulatory Healing, ERH](#), a global, trauma informed and mindful paradigm for healing of trauma, we have created interventions to help us reach hard-to-treat clients.

Offered here are 5 statements to engage the traumatized client as points of entry and ways in which we can begin to make more meaningful contact.

Using a relational, psychodynamic approach, ERH incorporates strategies for developing the therapeutic alliance through relationship and trust as the primary objective, and psychoeducation as the second.

We have repeatedly found over and over that if there is no relationship created, nothing else matters. If there is no trust by the client, no therapy or relationship will succeed.

[If there is no relationship created, nothing else matters. Click To Tweet](#)

It is incumbent on the provider/parent to create a sense of felt safety, to provide safety and acceptance for this wounded person always while in our presence; to learn how to hold space for the big emotions that must surface during the healing process; and to understand why our clients do what they do.

The initial stages of intervention through ERH are in the field of trusting relationship and then moves to utilize psychoeducation in brain/body/spirit development and the impact of trauma. When clients begin to understand themselves through the process of therapy, they more often trust the process of therapy and will stay in relationship for longer periods of time bringing the opportunity for long lasting change.

[Full day, 3 day and 5 day intensive trainings in ERH](#) illustrates how the frustrating challenges that arise in the therapeutic relationship can in fact be used as a productive force in the therapeutic process. ERH is modified for educators and administrators in the school system, professionals in the juvenile justice system, first responders and child welfare.

Is it vital that we learn:

- How to recognize characteristics of avoidant attachment
- How to productively use trauma-related symptoms
- How to maximize client/child/student engagement throughout the process
- How to work with affect

- How to recognize and utilize client/child/student transference
- How to effectively manage and use therapist counter-transference
- How to plan for the termination phase of treatment

And, a trauma informed person can effectively use these 5 statements to begin the psychoeducation phase of our work:

1: The more advanced part of your brain can neutralize the fear/anxiety caused by the more primitive part of your brain. This is what we will teach you in therapy.

2: Your brain is not hardwired; It is soft wired and we can change it so that you no longer suffer from extreme anxiety and fear. This is what we will teach you in therapy.

3: You may feel like this change is too hard, and you are not ready to trust me. That is ok. *You do not have to feel ready in order for your brain to change, you just have to do it.* Don't wait to feel ready. We will teach you what you can do to begin to change your brain in therapy.

4: Rewiring the brain to change bad habits/thoughts/feelings in to good ones requires that we endure the confusing experience of feeling worse before we feel better. To feel better on a regular basis we must ride through the brief period of feeling worse. This is for you, we will move at your pace in therapy.

5: Emotional Regulation requires Attachment, cognitive capacity, affect regulation, felt sense of safety, mental and physical health. Together we work toward each of these. You are not alone.

We teach the client that *The Brain is the Boss of Behavior; Change the Brain~Change Behavior.* We teach the client how to begin to change their brain, to empower them through both relationship and education, and to give them a sense of self efficacy, self reliance in a healthy way. [Download a PDF guide for Brain Based, psychoeducation for clients of trauma](#)

Everything that we do at the Alvarado Group is directed at brain based interventions which mitigate the negative impact of trauma and loss.

ERH integrates core principals of neurodevelopment, grief, trauma, attachment and learning theories with mindful healing into a comprehensive approach for the client of trauma and loss, providers and the broader community.

ERH is a scientifically grounded, mindfully based and trauma informed paradigm directed at the improvement of organizational, social, emotional and behavioral life. **ERH is an an integration of the most recent research in neuroscience and ancient paradigms in healing of mind, body and spirit.**

Emotions are valuable signals that allow for our survival and help us thrive. However, when those emotions become dysregulated, our rational self goes off-line rendering impulsive decisions, illogical thinking and outcomes that leave individuals, families and entire organizations dysfunctional.

ERH teaches us simple ways to regain regulation during times of stress and to assist others in doing the same. When we can integrate our emotional and rational self wisely and manage them under pressure we tend to make more effective decisions, connect well with others, remain capable as leaders and parents, and follow our purpose in life, love, family and relationships.

ERH calls for a deep understanding of the impact of trauma to the body, mind and spirit and offers both explicit interventions with clients and implicit support in the environment toward regulation, and then

teaching our clients the brain based and powerful tools of restoration.

Through our full day, 3 day and 5 day intensive [training programs](#) we integrate a highly experiential component and teach your group the basics and the in-depth information needed to increase regulatory capacity for provider and client simultaneously.

ERH is being taught throughout the US and in Canada, in child welfare, mental health, educational systems, juvenile justice and first responder teams.

Please visit our [Client Page](#) to see who else is practicing ERH.

Jules provides training and program development around the US and Canada. For more information [Contact Us](#)

Jules also provides [Healing Coaching](#) by phone for clients and [Executive Coaching](#) for professionals working in the systems of care. For more information [Contact Us](#).

Questions from our clients:

Will you keep me safe?

Can you protect me?

Will you keep me forever? Can you 'see' me?

It is time to answer them~We can help.