

# Trauma Therapy

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What is trauma? The term trauma comes from the Greek and means something like "wound".

A trauma is based on the perceived discrepancy between threatening situation influences and their own coping strategies. Affected parties succumbed to a flood of negative influences. He can not escape the situation and experience themselves as helpless and defenseless.

The consequences of trauma (including mental anxiety disorders) often reach far beyond the traumatic situation and can usually be handled only by means of appropriate therapies.

What is a trauma therapy? In trauma therapy is the one looking to bring the person concerned to report their behavior, thinking and feeling just a normal reaction to an extreme event represents. On the other stakeholders are identified internal and external resources that enable them to process and integrate experiences into their lives.

The goal is to forces and powers, as the person in front of the psychological shock were available to mobilize again. So it's not to forget, but to desensitize the memory with the help of new learning stimuli or repeated visualization, finally, to give her a proper place in the world and self-image of the patient.

Suitable trauma therapies Suitable methods for the treatment of trauma are cognitive behavioral therapy, hypnotherapy and EMDR.

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