



# Mental Health and Wellbeing: Trauma Treatment Modalities and Considerations

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# CSAC Mission

- **Provide affordable, low-cost counseling services to individuals, couples, and families in the UMSL and surrounding communities.**
- **Provide quality training for graduate counseling students in the Counseling Programs.**

# CSAC Services

- **Counseling Services offered:**
  - General Counseling Services
  - Grief Counseling
  - Older Adult/Caregiver Services
  - Play Therapy - ages 2.5 - 10 years old
  - Career Counseling
  - Couples and Family Counseling
  - Group Counseling
- In-Person & Telehealth Counseling
- Trainings for community providers
- Outreach events to promote services and build community

# Person Centered, Trauma-Informed

A brief overview

# **Carl Rogers and Person Centered Work**

**Empathy**

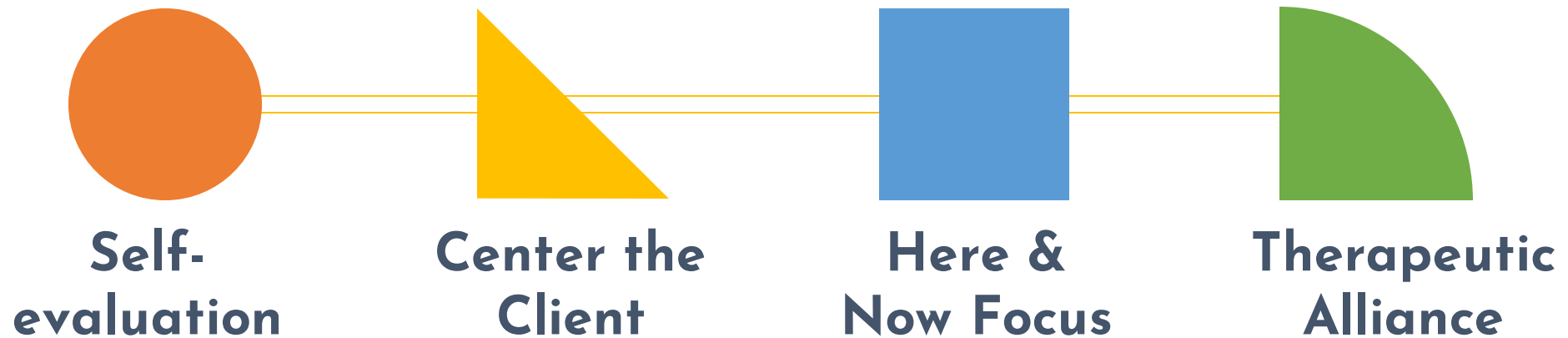
**Unconditional positive  
regard**

**Congruence**

**Incongruence**

**Psychological contact**

# How to be Person Centered



# Strategies for Person Centered Work

**Paraphrasing: What I hear you saying...**

**Nonverbals:**

**I am observing...**

**I am noticing...**

**You seem...**

**Self-Disclosure: It makes sense that...**

**It is understandable that...**

**“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”**

**(SAMHSA, 2014)**



# Six key principles of a trauma informed approach

Safety

Trustworthy and  
Transparent

Cultural, Historical  
& Gender Issues

Peer Support

Empowerment,  
Voice & Choice

Collaboration  
and Mutuality

# Theories and Modalities of Treatment

# Dialectical Behavior Therapy

# What is DBT?

**“DBT is a broad-based cognitive-behavioral treatment originally developed for chronically suicidal individuals diagnosed with borderline personality disorder (BPD), Linehan, M.M. (2015), p. 3.**

# Goal of DBT

“...To help individuals change behavioral, emotional, thinking, and interpersonal patterns associated with problems in living”

Linehan, M.M. (2015), p.3

# DBT Modules

<b>Mindfulness</b>	Present moment awareness Connecting with body and emotions
<b>Interpersonal Effectiveness</b>	Walking the Middle Path Communication & setting boundaries
<b>Emotion Regulation</b>	Identifying, Understanding, and Coping with emotions
<b>Distress Tolerance</b>	Coping in a crisis or when experiencing overwhelm

# Mindfulness

# Mindfulness

**Focusing  
attention to  
the present  
moment**

**Noticing  
both inside  
and outside  
of self**



# Mindfulness

## **What:**

**Observe**

**Describe**

**Participate**

## **How:**

**Non-judgmentally**

**One-mindfully**

**Effectively**

# EMDR

Eye Movement Desensitization and  
Reprocessing

# What is EMDR?

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

# 8 Phases of EMDR

History and treatment planning

Preparation

Assessment

Desensitization

Installation

Body Scan

Closure

Reevaluation

# Somatic Experiencing

# What is Somatic Experiencing?

“SE aims to resolve symptoms of stress, shock, and trauma that accumulate in our bodies. When we are stuck in patterns of fight, flight, or freeze, SE helps us release, recover, and become more resilient. It is a body-oriented therapeutic model applied in multiple professions and professional settings—psychotherapy, medicine, coaching, teaching, and physical therapy—for healing trauma and other stress disorders.”

“The Somatic Experiencing approach facilitates the completion of self-protective motor responses and the release of thwarted survival energy bound in the body, thus addressing the root cause of trauma symptoms. This is approached by gently guiding clients to develop increasing tolerance for difficult bodily sensations and suppressed emotions.”

<https://traumahealing.org/se-101/>

# Sandtray Therapy and other creative approaches

# What is Sandtray Therapy?

“Sandtray therapy as an expressive and projective mode of psychotherapy involving the unfolding and processing of the intra- and inter- personal issues through the use of specific sandtray materials as a nonverbal medium of communication, led by the client or therapist and facilitated by a trained therapist.”

Homeyer, L.E. & Sweeney, D.S., *Sandtray therapy: A practical model*. (p.6).



# Sensorimotor Psychotherapy

# What is Sensorimotor psychotherapy?

“SP is a method that draws upon the natural wisdom of the body (posture, movement, and the nervous system) to tap into the innate drive in all of us to heal, adapt, and develop new capacities.”

“By tuning into the wisdom of the body, Sensorimotor Psychotherapy teaches clients to follow the inherent intelligent processes of the body and mind to discover the habitual, automatic attitudes (both physical and psychological), by which patterns of experience are generated. This gentle and empowering therapy is particularly helpful in working with the effects of trauma, relational trauma, and difficult past attachment relationships.”

<https://sensorimotorpsychotherapy.org/resources/#client-education>

# Finding a Therapist

**EMDR: EMDRIA.ORG**

**Sensorimotor Psychotherapy: <https://sensorimotorpsychotherapy.org/>**

**Somatic Experiencing: <https://directory.traumahealing.org/>**

**Sandtray Therapy: <https://sandtraytherapy.org/icst-clinician-directory/>**

**American Counseling Association: <https://www.counseling.org/aca-community/learn-about-counseling/what-is-counseling/find-a-counselor>**

**What PCTI programs have you implemented that have successfully improved the mental health of older adults who have experienced trauma or family caregivers?**

**What is the most important information that service providers, need to know about how implementing mental health programs in a PCTI way?**

**What strategies have you implemented to get older adults who have experienced trauma and caregivers to participate in mental health programs?**

**What challenges and barriers to mental health treatment have you faced when trying to implement services?**



# Questions? Thoughts? Reflections?

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