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Working Through Trauma

Have you experienced a traumatic event in your life?

We all have a range of positive and negative thoughts and emotions that we can tolerate. Experiencing trauma often narrows what feels tolerable.

You might find yourself being reminded of your past trauma even when you don't want to think about it. You might feel very anxious, on edge, scared, or angry. You might feel numb, sad, like you want to isolate, or are empty.

By starting first with calming and grounding skills, we can help manage the distress you are currently feeling. I want you to feel confident in your ability to use these skills before we delve into how to process any traumas.

We can then approach your trauma through EFT and/or EMDR. Both of these modalities have been shown in research and practice to help you release the intensity of trauma symptoms.

No therapy can get you to forget what happened to you, but EFT and EMDR both can help you get to a place where you only think about and remember the trauma when you choose to.

As we process your past, you will be able to more fully live in your present. As we process your past, you will regain your ability to have hope for your future.

