



Support

Tri-phase Model

The tri-phase model is the gold standard in supporting people with trauma and at Fearless we ensure it is always at the centre of our care. But what is the tri-phase model? While tri-phase models are usually implemented in chronological order, at Fearless we offer a tiered model where different phases can be completed in parallel.

Stabilisation

Stabilisation focuses on creating and maintaining physical and psychological safety by addressing emotion dysregulation, memories and flashbacks.

Processing

This is when the events that caused the trauma are processed. This can be delivered using a number of different evidence-based interventions. The type of intervention you receive is usually dependent on the trauma you have experienced and the symptoms you have. In some cases, multiple interventions can be used during the processing phase.

Reintegration

Reintegration focuses on creating a meaningful future with healthy connections, increased self-esteem and the practical skills needed to engage in life activities.

Evidence based Interventions we offer

- Eye Movement Desensitisation and Reprocessing (EMDR)
- Cognitive Processing Therapy (CPT)
- Prolonged Exposure Therapy (PET)
- Narrative Exposure Therapy (NET)
- Exposure, Relaxation, and Rescripting Therapy (ERRT)
- Imagery Rescripting and Reprocessing Therapy (IRRT)

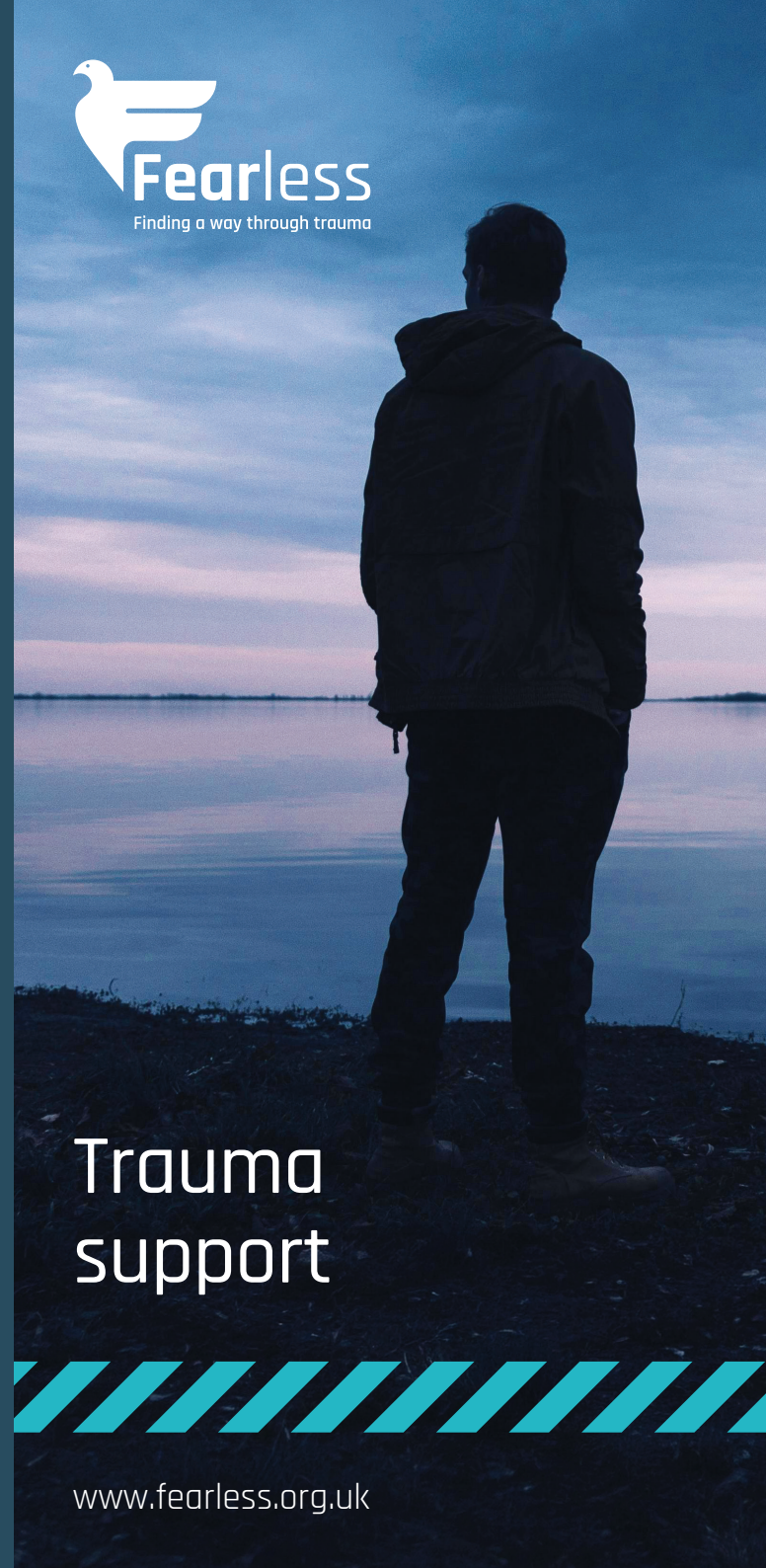


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Trauma support



www.fearless.org.uk

Fearless is a specialised Trauma service who can support people living with Trauma and PTSD.

At Fearless, we don't just stand beside those diagnosed with PTSD. The facts about PTSD make it clear why trauma support is vital for so many people.

- 50%-70% of people will experience a trauma at some point in their life
- Post Traumatic Stress occurs in 33% of people who experience trauma
- Around 59% of people diagnosed with PTSD develop issues with substance misuse and dependence
- 35.2% of people with PTSD also met the diagnostic criteria for major depressive disorder
- About 14% of trauma survivors and nearly one in three people with PTSD have reported a suicide attempt

Myth Busting

Many common myths about trauma are both harmful and untrue. Experiencing trauma is not a sign of weakness – anyone who goes through a distressing or overwhelming event can develop symptoms of trauma, and responses vary from person to person. Similarly, PTSD is not limited to combat veterans and any physically or emotionally distressing experience can have lasting effects.

It's also common for people to blame themselves, as the brain tries to regain a sense of control in a powerless situation. Most importantly, recovery is possible – especially with appropriate, trauma-focused support.

Symptoms

We believe trauma causes a mental, behavioural and physical impact.

What are the common symptoms of trauma?

Intrusions

You might experience unwanted intrusive episodes of an event, nightmares, flashbacks and intrusive distressing thoughts.

Avoidance

You may experience suppressed feelings associated with an event, avoidance to trauma reminders, numbing of emotions – such as shame, horror or guilt.

Negative Alterations in Mood

You may experience self-isolation, anxiety, depression or distorted beliefs, increased heart rate and hyperventilation.

Alterations in Arousal

If you experience hyperarousal, you may feel irritable and on edge. You may also be easily startled and feel rage or fear. If you experience hypoarousal, you may feel rigid or experience dissociation. Whether you experience hyper- or hypoarousal, you may also experience high blood pressure, hypervigilance and difficulty sleeping.

Physical Symptoms

You may also experience some physical symptoms which you might not associate directly with trauma:

- Racing heart
- Sweating
- Muscle tensions
- Stomach pain
- Shaking
- High blood pressure

Challenges You May Experience

Symptoms of trauma can also be more behavioural, relational or emotional.

- You may avoid people or places you once went to without thought.
- You may no longer be able to complete everyday tasks that you once could.
- You may drink or smoke more than you used to.
- You may notice you have difficulty building relationships or maintaining them.
- You may lack trust in and fear other people or society.
- You may find it difficult to control your emotions which leads you to becoming angry easily or even violent towards yourself or others.
- You may have lost confidence in yourself or other people.