



Finding a way through trauma

www.fearless.org.uk



Fearless is a dynamic trauma recovery service developed in response to a clear gap in existing provision. We recognise that many people living with trauma do not present to services identifying trauma as their primary need, even though it is often the underlying cause of their difficulties.

Our approach offers evidence-based therapy informed by an understanding of the mind-body connection, creating a person-centred experience that supports meaningful and lasting recovery.

What can you expect from us?

Everyone receives a comprehensive, trauma-informed assessment to ensure the most appropriate and effective treatment approach is recommended.

Our specialist trauma therapists deliver a range of evidence-based therapies, carefully matched to each person's needs and preferences to support the best possible recovery outcomes.

Therapy

- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Prolonged Exposure Therapy (PET)
- Narrative Exposure Therapy (NET)
- Trauma Focused Cognitive Behavioural Therapy
- Skills Training in Affective and Interpersonal Regulation (STAIR)
- And more...

Additional Support

Alongside one-to-one therapy, we also offer a range of additional support options that you can access while working with us.

- Psychoeducation Groups
- Equine Therapy



Contact Us

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