

This counselling DVD features a Clinical Psychologist interviewing a client experiencing problems in managing her trauma, substance use and mental health issues. The therapist uses an educational approach as a powerful therapeutic strategy to empower the client.

The interview illustrates:

- Motivational interviewing
- Dealing with dissociation and stress reduction techniques (including grounding and controlled breathing)
- Creating a safe place
- Mindfulness
- Identifying and managing emotions
- Dealing with self critical thoughts and beliefs

Duration: 1 hour 27 minutes

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THERAPEUTIC JOURNEYS
TECHNIQUES FOR MANAGING TRAUMA AND DRUG USE



THERAPEUTIC JOURNEYS

Techniques for Managing Trauma and Drug Use

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