

Life can get tough when we have a traumatic experience. We can be left with all sorts of pains and worries. Normally, as time passes, we get better and move on with life, putting the bad times behind us. When we struggle to get better it is time to think about finding help.

Trauma is different for everyone. One person's experience can be very different from someone else's. Some common traumatic experiences include:

Childhood Sexual Abuse

Adult Sexual Abuse

Childhood Physical Abuse

Adult Physical Abuse

Being involved in a war

Car Accident

Torture

Seeing someone else die or get hurt

Thinking and feeling you might get badly hurt, or die.

Divorce

The amount of time it takes to recover from a shock varies between people. Sometimes it only takes a little time, sometimes it takes much longer. If how you feel doesn't change over a longer period of time, Athena Trauma Support can help you to work things through.

You're not alone. Give us a ring on:

01792 828580 or 07722 288244

What your body might feel...

Feeling tired, drained. Unexplained aches and pains. Lower back pain. Unable to think clearly. Head feeling clogged up or cloudy. Headaches. Fast heartbeat. Feeling unable to breathe or overwhelmed. Difficulties getting to sleep or staying asleep, nightmares or vivid dreams. Unable to remember, forgetting simple things. Flashbacks. Feeling unable to eat or eating too much. Not wanting sex or wanting sex all the time. High blood pressure. Skin conditions.

We can help.

Call:

**01792 828580 or
07722 288244 for**



How can I help myself?

Everyone is different. It can take weeks or months to accept, acknowledge and learn to live with this. It is important to face trauma, rather than hide from or avoid it. Grief is normal for many people. Meeting up with others who have also experienced trauma can be helpful. Relaxation classes can help. Never be afraid to ask for support, or for someone to talk to. Sometimes people will not know what to say to you. Crying or shaking is normal for some people. Only do what you feel up to doing. Take time to recover. Remember to eat and drink plenty of fluids. Exercise when you can and only as much as you feel comfortable with. Make life as normal as possible. Don't drive if you know you aren't feeling up to it.

What you might think or feel...

'I feel numb'

'I can't believe it'

'I feel dizzy, spaced out'

'I can't connect with other people'

'I'm not interested in anything.'

'It isn't important, I'm coping so well'.

'I'm close to the edge'

'I think I'm going to lose control.'

'The world I knew has changed completely.'

'I feel relief that it is over.'

'I hope that things will soon return to normal.'

Shock.

Feeling afraid and anxious that the same thing, or something else, will go wrong.

Feeling vulnerable, or not yourself

Feeling helpless, guilty, hopeless, or angry with yourself, someone else, or the world.

Blaming others.

Feeling guilty that you have survived when others didn't, or feeling ashamed that you didn't stop it happening.

Feeling depressed, anxious and having intense feelings,





Struggling to cope?

If you are struggling after about six weeks, it is even more important to seek help. For example if:

You have nobody to talk to.

You can't cope or you aren't getting back to normal.

Your feelings seem too intense or memories are overwhelming you.

You have high levels of anxiety or depression.

You feel isolated. You have trouble sleeping.

You are experiencing relationship problems.

You are having difficulties at work.

Other people think you need help.

You are eating, drinking or taking drugs to cope.

It is helpful to find a counsellor or psychotherapist who specialises in trauma therapy. Finding out about how a trauma affects your brain, body and life can be as helpful as therapy, so you might want to consider attending a support group or information day.

Whilst time and therapy are most often the best remedy, sometimes medication can be helpful on a short term basis, especially if you have high levels of anxiety or depression, or you are finding it difficult to sleep. Your GP will be able to talk to you about this.

Our service and staff

We have many years of experience offering counselling and psychotherapy services in South Wales. We are a not-for-profit organisation and offer sessions at £45 with concessions.

All of our counsellors are members of BACP. As such, we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy, and subject to the Professional Conduct Procedure for the time being in force.

Staff receive training in Trauma Psychology and a range of therapies including Trauma Focused CBT to ensure that you can access therapy that works for you. We offer Accelerated Resolution for Trauma Therapy (ART) and Trauma Recovery Protocol (TRP) both of which are extensions of Eye Movement Desensitisation and Reprogramming Therapy (EMDR).

Our work with you will help you to gain more understanding of how your trauma has affected you and it will help to support you in rebuilding your life.



ATHENA
Trauma Support

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