At Valeo BHC, all of our therapists are trained to assess and treat trauma related disorders, using a wide variety of treatment interventions. Samples of types of trauma treatment include:

**Eye Movement Desensitization and Reprocessing**

Eye Movement Desensitization and Reprocessing (EMDR), developed by Francine Shapiro, Ph.D., in the late 1980’s, is a form of psychotherapy that is designed to reduce trauma-related stress, anxiety, and depression symptoms associated with posttraumatic stress disorder (PTSD) and to improve overall mental health functioning. (SAMSHA)

EMDR therapy involves an 8 phase treatment protocol that basically gives the brain the opportunity to reprocess traumatic information until it is no longer triggering or disruptive. EMDR has been extensively researched and is an established evidenced-based practice for treatment of trauma related disorders. [http://www.emdr.com/what-is-emdr/](http://www.emdr.com/what-is-emdr/)

**Somatic Experiencing Therapy**

Somatic Experiencing® is a body-oriented approach to the healing of trauma and other stress disorders...the SE approach releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma.” Created by Dr. Peter A. Levine, this is an alternative type of treatment for trauma that is often used in conjunction with other types of trauma intervention. [https://traumahealing.org/about-us](https://traumahealing.org/about-us)

**Internal Family Systems Therapy (IFS)**

IFS is a type of therapy that helps people identify and explore different “parts of self” and how these parts interact and guide behaviors. It is used for many different kinds of mental health problems and diagnoses, including PTSD and other trauma related disorders. [https://www.selfleadership.org/outline-of-the-Internal-family-systems-model.htm](https://www.selfleadership.org/outline-of-the-Internal-family-systems-model.htm)