## LEARNING THE GROUNDING TECHNIQUES USEFUL FOR SESSIONS CONTAINING TRAUMA AND WHAT HELPS FOR A CLIENT TO USE WHEN ON THEIR OWN



## **Resource Guide**

#### About Jane Evans

I am a UKCP psychotherapist and counsellor, and trained as an online counsellor to supervision level at OLT Online Training for Counsellors. I teach at OLT as well.

I am also a highly qualified trauma counsellor and have been a in-person practitioner for those who have experienced life traumas and severe trauma. I work with those with chronic illnesses which are more prevalent than those with early childhood trauma.



Olivia Djouadi



#### **Event Details**

Grounding techniques are important when working with trauma, so I will be sharing some you can use during sessions and also teach clients when they're not in session.

Grounding means they can stay in the present when their anxiety may of risen. This helps to keep them present while doing everyday tasks such as caring for kids or a parent, while working or driving.





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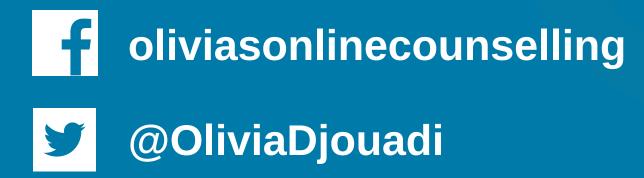
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2

3

What did you learn?

How do you intend to apply this in your practice?

Do you have any further action for your next CPD cycle?

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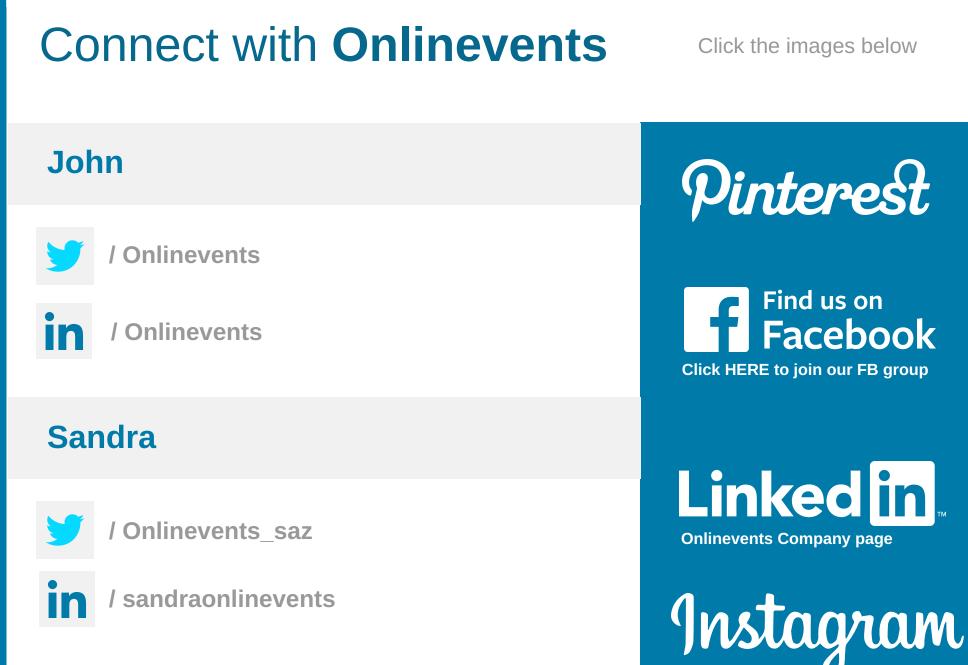


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