

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

– OLIVIA DJOUADI



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Learning Together Online

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.



Resources

www.soundstrue.com

www.audiobooks.com

www.headspace.com

www.stopbreathethink.com



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