TRAUMA INFORMED PRACTICE IN COUNSELLING AND PSYCHOTHERAPY - MAYA GAGNI



Resource Guide

About Maya Gagni

I have 17 years experience in working in the Psychological Trauma sector (domestic and sexual violence) and have facilitated a number of trainings for front line workers.

I also have an Advanced Training in Trauma Therapy, Critical Incident Debriefing, and recently qualified as an EMDR Practitioner.

As an Equine Assisted Psychotherapist and Dramatherapist, I bring all my experiences when working with clients with single, multiple, or intergenerational trauma(s).



Maya Gagni



Reading Suggestions

Trauma and Recovery - Judith Herman

Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society - Bessel A. van der Kolk

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment - Bebette Rothschild

Unspoken Voice: How the Body Releases Trauma and Restores Goodness - Peter Levine





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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?

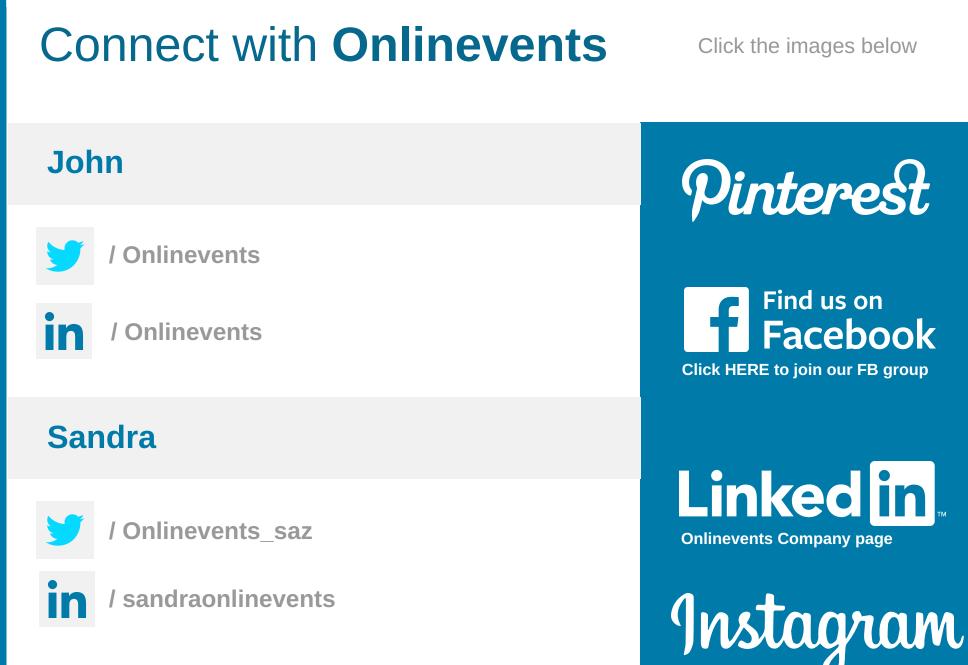
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