

# TRAUMA INFORMED PRACTICE IN COUNSELLING AND PSYCHOTHERAPY

- MAYA GAGNI



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## 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 inter-generational 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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