

Therapies by Josephine – Trauma-informed Coaching Terminology

Terminology Descriptions:

- **Trauma-informed principles:** Coaches are guided by principles like safety, trust, collaboration, empowerment, and cultural sensitivity, creating a supportive environment.
- **Grounding Techniques:** These help clients stay present and manage triggers, such as focusing on sensory experiences or deep breathing.
- **Relaxation Techniques:** These techniques, such as deep breathing exercises, progressive muscle relaxation, and visualization, help reduce stress and promote relaxation.
- **Problem-Solving:** This approach helps individuals identify and address challenges in their lives by developing problem-solving skills and strategies.
- **Activity Scheduling:** This method encourages individuals to plan and engage in enjoyable and meaningful activities to increase their overall well-being and reduce symptoms of depression.
- **Behavioral Activation:** This therapy focuses on increasing positive activities and reducing avoidance behaviors to improve mood and overall well-being.
- **Assertiveness Training:** This training helps individuals develop the skills to express their needs and opinions in a healthy and assertive manner.
- **Cognitive Behavioral Techniques:** Reframing negative thoughts and challenging unhelpful thought patterns can help clients manage emotional distress.
- **Psychoeducation:** Providing clients with information about trauma, its impact, and coping mechanisms empowers them to understand their experiences and manage symptoms.
- **Mindfulness:** Mindfulness involves paying attention to the present moment without judgment, which can help reduce stress, improve focus, and enhance emotional regulation.
- **Emotion Regulation Skills:** Teaching clients' skills to recognize, understand, and manage their emotions helps them develop resilience and cope with triggers.
- **Collaborative Goal Setting:** Working together to set realistic and achievable goals allows clients to feel a sense of control and empowerment.
- **Cognitive Reframing or Restructuring:** This technique involves identifying and challenging negative or irrational thoughts to promote more positive and balanced thinking.
- **Trauma Exploration at a Comfortable Pace:** Coaches guide clients to explore their trauma at their own pace, using techniques like mindfulness, somatic shamanism, somatic movement, or grounding exercises.
- **Self-Regulation Exercises:** Self-regulation techniques help clients leave feeling stable and empowered.
- **Focus on Strengths and Resilience:** Highlighting clients' strengths and resilience helps them build a sense of hope and self-efficacy.
- **Building Therapeutic Alliances:** Establishing a collaborative and empathetic relationship is crucial for building trust and facilitating healing.
- **Consider Cultural and Historical Context:** Understanding a client's cultural background and historical experiences helps tailor interventions and avoid cultural insensitivity.
- **Using Peer Support:** Connecting clients with others who have similar experiences, as applicable, can provide valuable support and guidance.
- **Somatic Movement and Healing:** Guiding clients to tune into what they are feeling in their body and identifying emotional sensations to allow the understanding and release of emotional and energy blockages.
- **Active Listening:** The Coach may repeat back what is heard to ensure their understanding of what the client is expressing and vice versa, for clear communication and processing.