

# Common Mistakes

## Therapists Make When Treating Trauma



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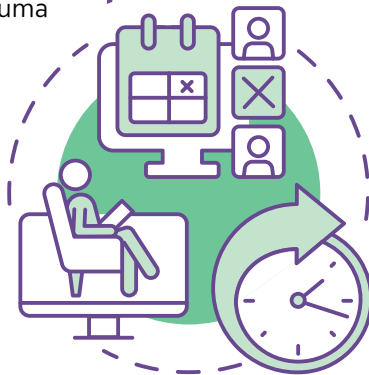
### Inconsistent Appointment Availability

Consistent appointments are important for anyone seeking mental health treatment. However, it is even more important when treating trauma. Consistent appointment availability helps establish stability faster which is important prior to trauma reprocessing.



### Ignoring Their Own Nervous System

As trauma therapists, a regulated nervous system becomes one of most powerful tools. Forgetting to take care of our own trauma and mental health can lead to a dysregulated nervous system and difficulty helping clients regulate and ground during sessions.



### Pathologizing Trauma Symptoms

Diagnoses are important so we understand how to create an effective treatment plan. Insurance also requires it for reimbursement. However, emphasis on a diagnosis can make trauma symptoms feel pathological and elicit a shame response which could lead to disengagement from treatment.



### Not Being Clear About Policies and Financial Agreements

As therapists, it is our job to provide a service to our clients with transparent expectations regarding financial agreements and policies. These expectations should be reviewed and discussed during the initial session so that both parties are clear on boundaries and fees regarding email communication, phone calls, missed appointments, etc.



### Playing the Role of the Expert

The client is always the expert on their experience and what is needed to heal.

