

3 Steps to Becoming a Trauma Specialist



**TRAUMA
SPECIALISTS**
TRAINING INSTITUTE

Training the Trauma Specialists of Tomorrow



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1 Take Time to Become Trauma Informed.

Trauma-Informed treatment approaches consist of three elements:

- realizing the prevalence of trauma
- recognizing the impact of trauma
- responding in a way that puts this knowledge into action

Looking for Trainings on providing Trauma-Informed Treatment? Check Out [A Closer Look at Complex Trauma and Dissociation.](#)



2 Get Trained in an Evidence-Based Treatment Modality.

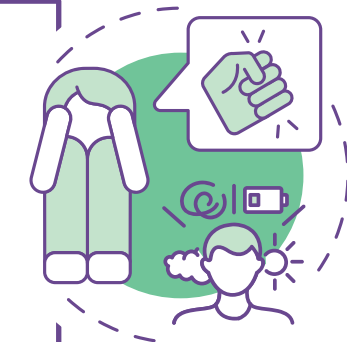
Being a Trauma Specialist is more than just providing Trauma-Informed Treatment. It requires extensive training in an evidence-based treatment modality. One such modality is Eye Movement Desensitization and Reprocessing (EMDR) Therapy.

Want to learn more about getting trained in EMDR? Check Out this On Demand Training: [An Introduction to Trauma and EMDR.](#)



3 Address Your Own Trauma.

An effective Trauma Therapist seeks treatment for their own trauma so it does not impact their clinical work and judgment. A Trauma Therapist that does not take care of their own mental health needs runs the risk of experiencing an increase in trauma symptoms and inadvertently projecting their own trauma beliefs and responses onto the client instead of meeting the client where they are.



Getting Started

Check out our website to find these trainings and more to help you on your EDMR journey.