Trauma and Anxiety Problems

WHY:
Anxiety - Physiological arousal; avoidance to places and things
Trauma - Getting to exposure

Engagement/Encouraging Participation
↓
Psychoeducation
↓
Relaxation
↓
Cognitive Coping
↓
Gradual Exposure: Trauma Memories
May need both. Decide which comes first
↓
Gradual Exposure: LIVE
↓
Cognitive Reprocessing

Safety Assessment and Planning