

Counselling and Psychological Therapies available at The Bridge

The Bridge offers a range of therapies that can help people to cope with the impact of rape and sexual assault.

The therapy provided to the client will depend on a variety of factors including the nature of the trauma they experienced, their individual trauma response, whether or not they are involved in a criminal justice process and therapist availability.

Integrative Counselling

The counsellor draws on a range of approaches to meet the needs of the individual client in a holistic way.

Relational Psychodynamic Counselling

This uses a strong therapeutic relationship between client and counsellor to help the client understand their sense of self and relational patterns. Through this they are able to begin to understand and resolve the difficulties they are experiencing.

EMDR (Eye Movement Desensitisation and Reprocessing)

The overwhelming feelings that a person experiences during a traumatic event can prevent the brain from processing and integrating emotional and cognitive information. Memories of such events can be exceptionally vivid and a natural defence is to avoid thinking about what happened. However, people may then find that they experience intrusive memories that they are unable to control, including flashbacks where it can feel as though they are back in the moment when the trauma occurred.

EMDR involves alternately stimulating the left and right sides of the brain. This seems to stimulate integration of sensory, emotional and cognitive information resulting in reduction in intrusive memories and anxiety. The process is thought to be similar to the one that happens during REM (Rapid Eye Movement) sleep.

There is a strong body of research evidence to show the effectiveness of EMDR in treating negative responses to trauma.

<http://www.emdrassociation.org.uk/home/index.htm>

Narrative Exposure Therapy (NET)

This is a treatment for trauma-spectrum disorders in survivors of multiple and complex trauma. It draws on neuropsychological models of trauma and memory and cognitive behavioural techniques to help the client integrate fragmented memories into a coherent autobiographical narrative. This process can help to resolve overwhelming feelings of fear and lead to significant emotional recovery.

http://www.vivo.org/resources/net/index_eng.html

IRRT

This is an imagery-based Trauma Focused CBT treatment designed to alleviate PTSD symptoms and modify trauma-related images, beliefs and schemas.

<http://www.mervin-smucker.com/trauma/imagery-rescripting.html>

CATT Children's Accelerated Trauma Therapy (CATT)

This cognitive therapeutic protocol utilises specific child-centred and play/arts based techniques, in order to help children process and re-script traumatic memories in ways that are comfortable for them and are age appropriate.

<http://www.lunachildren.org.uk/>

Prolonged Exposure (PE) Therapy

This is a cognitive-behavioural treatment program to reduce the symptoms of posttraumatic stress disorder (PTSD), depression, anger, guilt, and general anxiety. PE Therapy reduces PTSD symptoms such as intrusive thoughts, intense emotional distress, nightmares and flashbacks, avoidance, emotional numbing and loss of interest, sleep disturbance, concentration impairment, irritability and anger, hypervigilance, and excessive startle response.

<https://www.psychotherapy.net/interview/edna-foa-exposure-therapy>

Cognitive Processing Therapy (CPT)

CPT is a cognitive-behavioral treatment for Posttraumatic Stress Disorder (PTSD) developed in the late 1980s. It is effective in reducing PTSD symptoms related to a variety of traumatic events including child abuse, combat, rape and natural disasters.