



Building Professional Excellence- Part 3
Session 3: Therapeutic Approaches to Trauma—Part 2: Interventions

Webinar Follow-up Question and Answer Session with Courtney Armstrong.

1. Question from Elzbieta Wojnarowska

Can you say more about mirror therapist's movements?

Answer

Yes, it is a technique you can use to assist a client in staying present, particularly when the client is retelling the story of a traumatic memory. It simply means the therapist moves their hands up and down, side-to-side, or any way they like and ask the client to move their hands in the same way, "mirroring" the therapist. It sounds like a silly idea, but because clients have to pay attention to do this, it helps them remain emotionally present and not relive the horror of a traumatic event as they're retelling it.

2. Question from Gabriele Holzle

Does the recon window reopen when the memory is revisited at a later time?

Answer

Yes, technically, any time we recall a memory we have an opportunity to change it. However, the memory will be recalled in the last way you remembered and restored it. For example, if you change the story of the traumatic event with a new detail or context, the next time you recall it, it will include that new detail or context now.

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