

HOPE THERAPY & COUNSELLING SERVICES

# Trauma & PTSD

*Trauma can be healed — even when it happened a long time ago.*

Specialist counselling for trauma, PTSD, and complex PTSD across England — online nationwide and face-to-face. Evidence-based approaches including EMDR and trauma-focused CBT, both recommended by NICE for the treatment of PTSD.

**NCPS ORGANISATIONAL MEMBER**

**NICE-RECOMMENDED EMDR**

**TRAUMA-FOCUSED CBT**

**FREE 15-MIN CONSULTATION**

DEFINED BY IMPACT, NOT EVENT SEVERITY

# Part of the system is still on alert — still trying to protect you from something that is no longer happening

*"Instead of filing the memory away as something that happened in the past, it remains charged — as if part of the system is still on alert, still scanning for danger."*

Trauma is not defined by the severity of an event in any objective sense. It is defined by impact. What matters is whether the experience overwhelmed the nervous system's ability to process it at the time — leaving an unresolved imprint that continues to affect thought, feeling, and behaviour long afterwards.

Not everyone who experiences trauma develops PTSD, but trauma can significantly affect mental health, relationships, and daily functioning even without a formal diagnosis. **If something from your past is affecting your present — regardless of how long ago it happened — it is worth exploring with a qualified therapist.**

**NICE recommendation:** The National Institute for Health and Care Excellence (NICE) recommends both EMDR and trauma-focused CBT as first-line treatments for PTSD. Both are offered by our specialist trauma therapists. Hope Therapy holds NCPS Organisational Membership; sessions are confidential subject to limited exceptions explained at the outset.

SYMPTOMS ACROSS SIX CLUSTERS

## Trauma and PTSD — how they show up

### Intrusive symptoms

- Flashbacks and intrusive memories
- Nightmares and disturbed sleep
- Distressing images or sensations
- Reactivity to reminders

### Avoidance & numbing

- Avoiding trauma-linked triggers
- Emotional numbness or detachment
- Losing interest in activities
- Feeling cut off from others

### Hyperarousal

- Constantly on edge or alert
- Sleep and concentration difficulties
- Irritability or sudden anger
- Exaggerated startle response

### Negative cognition

- Persistent negative beliefs about self
- Guilt, shame, or self-blame
- Persistent low mood or hopelessness
- Difficulty experiencing positive emotions

### C-PTSD features

- Severe difficulties managing emotions
- Deep-seated shame and worthlessness
- Difficulty trusting others
- Dissociation or feeling unreal

### Other presentations

- Unexplained physical symptoms
- Substance use as coping
- Difficulty sustaining work or relationships
- "Feeling stuck" without knowing why

## ADDRESSING A COMMON FEAR DIRECTLY

# You will not be required to retell everything in detail

Effective trauma therapy is not about repeatedly narrating what happened. It is about processing the unresolved material at a neurological and emotional level, so that it can be integrated as a memory of the past rather than something that continues to intrude on the present.

**The first priority is always stabilisation** — ensuring you have sufficient resources and regulation capacity before any deeper processing begins. The pace of therapy is always led by you. No responsible trauma therapist will rush this stage.

## NICE-RECOMMENDED APPROACHES

## ★ NICE RECOMMENDED

**EMDR**

Eye Movement Desensitisation and Reprocessing uses bilateral stimulation to support the brain's natural processing of traumatic memories — reducing their emotional intensity without requiring repeated verbal retelling. Effective for both single-event trauma and complex trauma. From £95.

## ★ NICE RECOMMENDED

**Trauma-Focused CBT**

Addresses the unhelpful beliefs, meanings, and patterns that trauma leaves behind — including guilt, shame, distorted threat perception, and avoidance. Structured and goal-oriented, with practical tools that make a measurable difference. From £65.

**Trauma-Informed Counselling**

For many people — particularly those with complex or developmental trauma — a trauma-informed relational approach is the most appropriate starting point. Prioritises safety, trust, and pace, and may form the foundation from which EMDR develops. From £65.

## GETTING STARTED

- 1 Free consultation**  
A relaxed 15-minute conversation. You don't need to share details of your trauma — we simply listen to where you are and explore whether we can help.
- 2 Matched with a specialist**  
We match you with a therapist experienced in trauma — considering the nature of your history, preferred approach, and any relevant needs. If the fit doesn't feel right, we'll find someone else at no extra cost.
- 3 Stabilisation first**  
Your therapist always begins by ensuring you feel safe and supported before any processing work. The pace is always led by you. Nothing will happen before you are ready.

## WHAT OUR CLIENTS SAY

“

After a life-changing trauma five years ago, loneliness, anxiety and low self-esteem were an everyday cycle. My therapist was amazing — very perceptive. I have been able to go forward with my life.

**VERIFIED CLIENT**

“

I was sceptical that EMDR could work without talking everything through. It was one of the most significant things I've done. The memories are still there, but they don't hijack me any more. I've finally got my life back.

**CLIENT — EMDR FOR PTSD**

“

I'd carried things from my childhood for decades and assumed that was just how I was. My therapist helped me understand it wasn't — and that it could change. The pace was always right. I feel different now.

**CLIENT — COMPLEX TRAUMA**

Client experiences are individual. Results vary between people.

## COMMON QUESTIONS

### Do I have to talk through what happened in detail?

No. Effective trauma therapy does not require you to recount every detail. EMDR in particular works by supporting memory processing without requiring repeated verbal narrative. A good trauma therapist will always work at your pace, prioritise your sense of safety, and never pressure you to share more than feels comfortable.

### What is C-PTSD and how is it different from PTSD?

Complex PTSD typically develops following prolonged or repeated trauma — such as childhood abuse or neglect, domestic violence, or sustained emotional harm. Alongside core PTSD symptoms, C-PTSD also involves significant difficulties with emotional regulation, deep-seated shame, and problems with identity and relationships. Our therapists are experienced in both.

### How many sessions will I need?

Single-event trauma may respond well in eight to twelve EMDR sessions. Complex or prolonged trauma typically requires longer-term work. Your therapist will not rush the process — the pace is always led by you and your readiness. We will give an honest indication during your free consultation.

## It is never too late to seek support.

Trauma can be healed — even years after it happened. A free, no-obligation 15-minute consultation is the first step.

**Book:** [calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04) · **Call:** 07379 538411 · **Email:** [contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

**Crisis & specialist support:** If in immediate danger: **999** · **Samaritans:** **116 123** (free, 24/7) · **PTSD UK:** **0800 800 180** · **Victim Support:** **0800 168 9111** (24/7)

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# *Trauma can be healed — even when it happened a long time ago.*

Hope Therapy & Counselling Services offers NICE-recommended EMDR, trauma-focused CBT, and trauma-informed counselling for trauma, PTSD, and complex PTSD — online across the UK and face-to-face across England. Our specialist trauma therapists are EMDR Association UK trained.

#### TELEPHONE

07379 538411

#### EMAIL

[contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

#### WEBSITE

[www.hopefulminds.co.uk](http://www.hopefulminds.co.uk)

#### FREE CONSULTATION

[calendly.com/hopetherapy/15-minute-consultation?  
month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

#### ALSO FROM US

**The Talk Room Podcast** — including episodes on trauma, EMDR, and healing from the past. Search **The Talk Room** on Spotify and YouTube, or find it at [hopefulminds.co.uk](http://hopefulminds.co.uk).

Hope Therapy & Counselling Services holds NCPS Organisational Membership. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. EMDR therapists hold EMDR Association UK training. NICE recommendations for EMDR and trauma-focused CBT are cited from NICE guideline NG116. Sessions are confidential subject to limited exceptions. Results vary between individuals; no specific outcomes are guaranteed.