



What is The Richards Trauma Process?

The Richards Trauma Process (TRTP™) is an elegantly simple, yet comprehensive, step-by-step process which resolves extreme trauma and trauma-related issues – anxiety, depression, fears and phobias. It achieves results quickly, effectively and safely – generally in 3 sessions.

It is a truly eclectic therapy. It is a very structured, yet dynamic process. It includes components of Gestalt, Mindfulness, Ego-state Therapy, Choice Therapy, Cognitive Therapy, Parts Therapy, Emotion-focused Therapy, Motivational Interviewing, Dream Rehearsal Therapy and others.

It is a dynamic, rich and sequenced series of steps, which, if separated would not be anywhere near as powerful. It is unique. It allows space for the individual client's needs to be met.

TRTP™ makes use of hypnosis. Hypnosis is used in order to deal with trauma where it is stored – in the subconscious and in the body. (Levine, van der Kolk, Rothschild, Ogden)

TRTP™ is in alignment with the two requirements stated by van der Kolk, Levine and other trauma experts:

For trauma to be resolved –

- 1 *the person must (somehow) be moved to an empowered position in regard to the trauma*
- 2 *the body must (somehow) know that the event / events are over*

TRTP™ initially deals with the underlying, unconscious core beliefs which keep a person stuck in patterns of thought, emotion and behaviour. In dealing with this at the beginning of the process, self-sabotage is avoided during the following therapy.

TRTP™ then takes the emotional charge from the past, moving the client to a place of empowerment in relation to the trauma. Because hypnosis is used, the therapist can then speak directly to the body and to the unconscious. The client is shifted from fight/flight/freeze and moved to an empowered, self-regulated state. The sympathetic nervous system is calmed. The memory of the trauma is placed firmly in the past.

The client quickly moves from their state of fight, flight, freeze – 'I'm not safe!' To, 'It's over. I'm safe now...' Calm returns, on all levels. Symptoms cease.

TRTP™ does not merely address the symptoms of trauma. It deals with the underlying cause of the problem, removing the emotional charge from the past and returning the person to a state of empowerment, returning the sympathetic nervous system to calm.



What makes it different from other modalities?

Trauma is not stored in the conscious mind. Trauma is stored in the subconscious mind and in the body. (Levine, van der Kolk, Ogden) TRTP™ works where the trauma is stored, and addresses it there.

TRTP™ also arrests client self-sabotage before it begins. It does this in the first session, by changing the unhelpful negative unconscious core beliefs to the positive. For example, if the unconscious has the belief, 'It's not safe to get well' – self-sabotage will be the result. The unconscious will keep the client safe, according to its own beliefs. If this unconscious core belief is changed to 'It's safe to get well' – then obviously, a positive outcome will be achieved more quickly, without the unconscious attempting to keep the client 'safe' in unwellness.

Will The Richards Trauma Process™ work with all patients, 100% of the time?

Of course not. There are never any guarantees in life. A successful outcome using The Richards Trauma Process™ is dependent on many elements which include and are not limited to the following;

- * The willingness of the client to fully engage with the process.
- * The environment that dominates the client's world. A toxic environment will significantly reduce the potential for success of recovery for any client, if that client chooses to remain within that environment.
- * The skill level of the practitioner.
- * As with any therapy, secondary benefits of the client, if not successfully dealt with, will interfere with a positive outcome. As the philosopher Seneca stated, 2000 years ago, 'It is part of the cure to wish to be cured.'