

Trauma Resolution Interventions

Name/ Acronym	Description
ACT	<p>Acceptance and Commitment Therapy Acceptance and Commitment Therapy (ACT), typically pronounced as the word "act") is a form of clinical behavior analysis (CBA) used in psychotherapy. It is an empirically-based psychological intervention that uses acceptance and mindfulness strategies mixed in different ways with commitment and behavior-change strategies, to increase psychological flexibility. The objective is not happiness; rather, it is to be present with what life brings us and to "move toward valued behavior". One practitioner describes acceptance and commitment therapy as getting to know unpleasant feelings, then learning not to act upon them, and to not avoid situations where they are invoked. Its therapeutic effect is according to him a positive spiral where feeling better leads to a better understanding of the truth.</p>
AVE	<p>Audiovisual Entrainment Audio-Visual Entrainment (AVE) is a technique that utilizes pulses of light and sound at specific frequencies to gently and safely guide the brain into various brain wave patterns. By manipulating your brain wave frequencies, you have the ability to boost your mood, improve sleep patterns, sharpen your mind and increase your level of relaxation using a small, relatively inexpensive, battery or AC operated device.</p>
CBT	<p>Cognitive Behavioral Therapy Cognitive behavioral therapy (CBT) is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem solving. Its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel. It is used to help treat a wide range of issues in a person's life, from sleeping difficulties or relationship problems, to drug and alcohol abuse or anxiety and depression. CBT works by changing people's attitudes and their behavior by focusing on the thoughts, images, beliefs and attitudes that we hold (our cognitive processes) and how this relates to the way we behave, as a way of dealing with emotional problems.</p>
CES	<p>Cranio-electro Stimulation Cranio-Electro Stimulation (CES) is a non-invasive brain stimulation that applies a small, pulsed electric current across a person's head. This small electrical stimulus which is applied laterally across the cranium stimulates endorphins, serotonin and norepinephrine neurotransmitter production.</p>
CPT	<p>Cognitive Processing Therapy Cognitive Processing Therapy (CPT) is an adaptation of the evidence-based therapy known as Cognitive Behavioral Therapy (CBT) used by clinicians to help clients explore recovery from posttraumatic stress disorder (PTSD) and related conditions. Cognitive Processing Therapy helps you by giving you a new way to handle these distressing thoughts and to gain an understanding of these events. By using the skills learned in this therapy, you can learn why recovery from traumatic events has been hard for you. CPT helps you learn how going through a trauma changed the way you look at the world, yourself, and others. The way we think and look at things directly affects how we feel and act.</p>
EFT	<p>Emotionally Focused Therapy Emotionally focused therapy (EFT), also known as emotion-focused therapy and process-experiential therapy, is a usually short-term (8–20 sessions) structured psychotherapy approach to working with individuals, couples, or families.</p>

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EMDR	<p>Eye Movement Desensitization and Reprocessing Eye Movement Desensitization and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma. EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches.</p>
HBOT	<p>Hyperbaric Oxygen Therapy Hyperbaric Oxygen Therapy (HBOT) is a method of administering pure oxygen at greater than atmospheric pressure to a patient in order to improve or correct many complaints and to promote healing. Oxygen when delivered under pressure is 10-15 times more effective than when delivered at sea level or at atmospheric pressure.</p>
IFS	<p>Internal Family Systems Model The Internal Family Systems Model (IFS) is an integrative approach to individual psychotherapy developed by Richard C. Schwartz, Ph.D. It combines systems thinking with the view that mind is made up of relatively discrete sub personalities each with its own viewpoint and qualities. IFS uses family systems theory to understand how these collections of sub personalities are organized.</p>
NFB	<p>Neurofeedback Neurofeedback (NFB), often referred to as EEG biofeedback or brain wave training, is a type of biofeedback in which individuals are trained to improve their brain function. Like other forms of biofeedback, neurofeedback uses sensors to detect physical changes of the body. Neurofeedback therefore involves placing small sensors on the scalp to see changes in a person's brainwave activity. Precisely detecting brainwave activity allows it to be immediately analyzed by a computer that then presents sound and video information based on the brain's performance. Using this feedback, the individual learns to regulate or control his or her own brain states.</p>
PE	<p>Prolonged Exposure Therapy Prolonged Exposure Therapy (PE) is a form of behavior therapy and cognitive behavioral therapy designed to treat post-traumatic stress disorder, characterized by re-experiencing the traumatic event through remembering it and engaging with, rather than avoiding, reminders of the trauma (triggers).</p>
QEEG and EEG	<p>Quantitative Electroencephalogram and Electroencephalogram The difference between EEG and qEEG lies in the q. A standard electroencephalogram (EEG) records electrical activity or brainwaves that are representative of underlying cortical brain activity. A quantitative EEG (qEEG) applies sophisticated mathematical and statistical analysis to these brainwaves and compares them to age and gender controlled databases compiled from the EEGs of individuals with no known brain dysfunction. Both the EEG and qEEG provide valuable information about real-time function within the brain at the time of evaluation. The qEEG process enables technicians to create a brain map through this combination of precise measurement and quantitative comparison.</p>
tDCS	<p>Transcranial Direct Current Stimulation Transcranial Direct Current Stimulation (tDCS) is a therapy in which a DC current is applied over the scalp with the intention of altering neuronal activity. tDCS has been found to be effective in modulating spontaneous neuronal firing and can be effective in treating a variety of symptoms.</p>