



EXPRESSIVE TRAUMA INTEGRATION

Skype/phone Self Care and Support Consultations

Human service practitioners (HSPs) often find themselves in remote areas where they have no access to proper support for working in challenging contexts. Such contexts create stress, which accumulates over time and does not quickly disappear. It may even go with HSPs if they relocate to a new post. Eventually accumulated stress results in a sense of burnout and secondary traumatic stress.

In such situation Skype therapy and self-care consultation can meet the needs of HSPs for support, self-care, and even provide most of the benefits of face-to-face therapy. Usually 5-6 Skype sessions* spaced about one week apart are sufficient to help a client assess causes of stress, pinpoint personal strengths and vulnerabilities in responding to it, review resources for coping, and establish a program for self-care and stress management based on these. The number and pace of sessions can be adjusted according to need.

After filling up intake forms, the therapist works with the client as follows:

1. Session one – Intake
2. Sessions two and three – Psychoeducation, to review with client recent findings relevant to client's circumstances, eg: stress, secondary trauma, burnout, body and brain responses to trauma, etc. Then review personal alerts and stressors experience by client.
3. Sessions three and four – Create an individualized self care and stress management plan
4. Sessions five and six – Follow up and adaptations of the individualized plan

* Each session lasts 45 min. It is also possible to have a one-time sustenance session that does not include an individualized plan.



E X P R E S S I V E T R A U M A I N T E G R A T I O N

Odelya Gertel Kraybill
godelya@gmail.co
US Tel/Voicemail#: +1 202 580 8656
Philippines mobile #: +63 917 887 1483
Skype: Godelya
www.eti.training