We Care: Embark on the Healing Path Together

Trauma Psychology Service

Break away from the belief that time cannot reverse trauma — while the event may still have an impact, your response can change. Be empowered to navigate the complexities that come with trauma. Our team is here to walk with you through this journey.

Understanding Post-Traumatic Experience through the Lens of Psychology: Window of Tolerance

Hyperarousal

Overwhelming emotional state, may provoke fight-or-flight response (e.g., being aggressive, panic) to perceived threats.

Dysregulation

Feeling agitated, anxious, or angry, but not out-of-control.

Stress and trauma can shrink your window of tolerance. This means that you may be more easily thrown off balance.

Window of Tolerance

This is where you're in a balanced state.

- You feel calm and alert, while coping well
- with life's challenges.

Dysregulation

Feeling spaced out, losing track of time, lacking of energy.

Hypoarousal

Feeling completely zoned out, numb, and frozen - as though your body has taken over.

You can work with your psychologist to enlarge your window of tolerance.



Better Health. With You.

"Strength is not found in the absence of trauma but in the courage to embrace healing and find resilience within the journey."

What to expect when you see a Psychologist?

- Learn to identify thoughts and emotions associated with the traumatic event(s).
- Learn to process the traumatic event(s) and acquire skills to reshape unhelpful thinking patterns linked to them.
- Acquire helpful coping strategies to effectively manage triggers and emotions connected to the traumatic experience(s).
- Emerge with a new sense of self and lead a more enriching life.

Helpful Coping Strategies



*Kindly consult your psychologist for a personalised treatment plan.

Through a combination of therapeutic modalities and a supportive community, Ms Lee, 32, overcame the challenges posed by her trauma and was empowered with skills to navigate the multiple layers of her trauma experience, including symptoms such as persistent anxiety and anger outbursts. Over time, she emerged with a new sense of self and improved well-being, and was able to lead a more enriching life.



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