

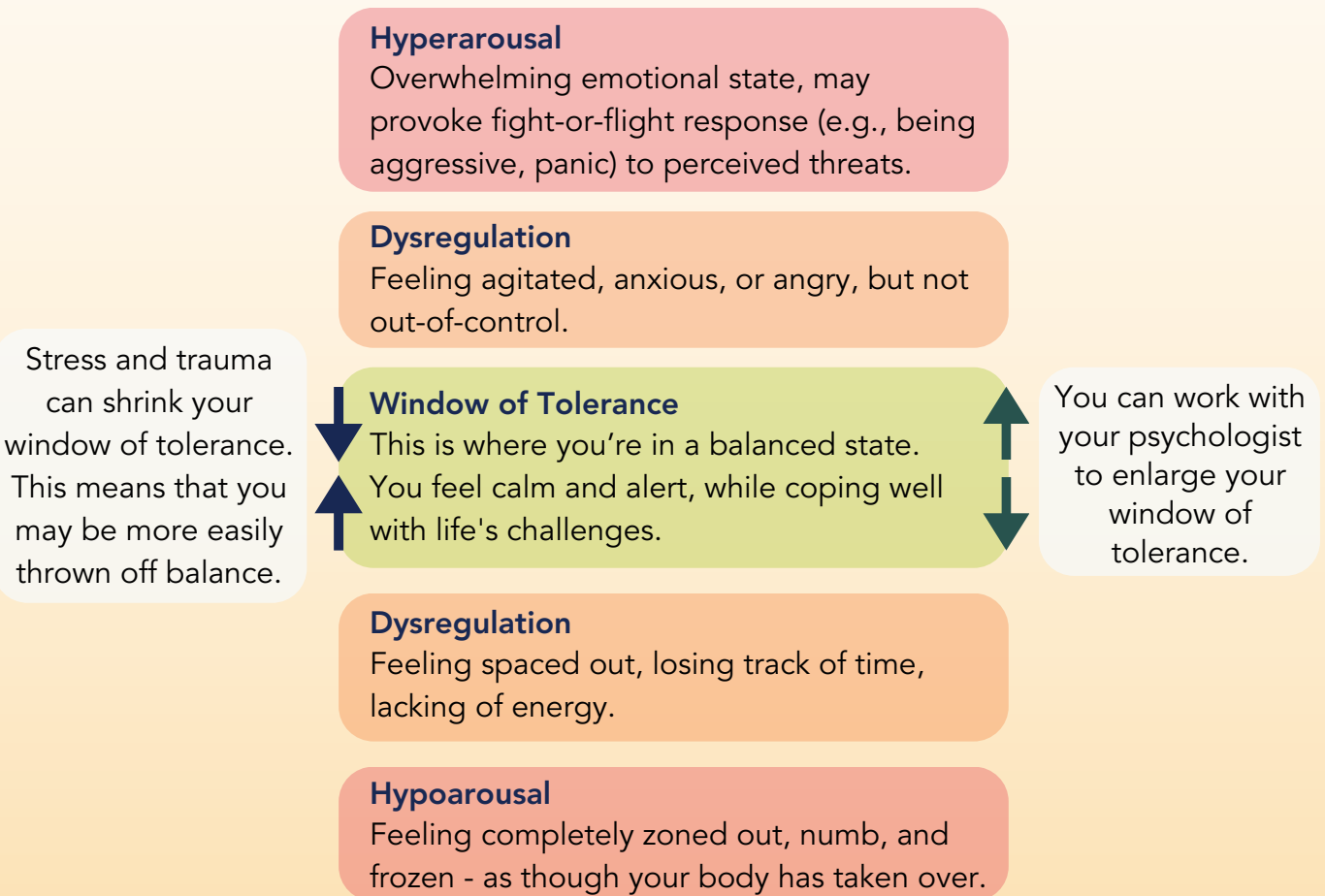
We Care: Embark on the Healing Path Together



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



"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

C

Cultivate self-care



A

Apply grounding techniques and stress management techniques



R

Record thoughts through journaling



E

Establish a support network



S

Systematically practice 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.



Scan QR code to download e-brochure