

# 3

## Individualized Sustainability Plan (ISP)

An individualized plan for stress management and self-care aiming to restore a much needed sense of predictability, and concentrate on ongoing cognitive, physical, emotional and spiritual maintenance.

# 4

## Resiliency Building

Connecting to inner resources and/or safe space that existed before trauma is important to sustain the client. If there is none, help build it by using Imaginal Space.

# 2

## Psycho-Education

Give people a conceptual framework for understanding what is happening to them by providing information about the effects of trauma. This helps them see that symptoms after trauma follow patterns that are predictable and "normal".

# 1

## Grounding

An essential starting point is establishing a sense of safety and stability or grounding in the body and in relationship to other people.

# 6

## Trauma Integration

The survivor is supported in reflecting on experiences and insights in the previous stages, with a goal of building a life narrative that incorporates both the trauma experience and personal strengths that enabled surviving it.

# 5

## Taking Action -

Using imaginal space the survivor is assisted to experiment with steps that could be taken in those moments where the trauma feels frozen, to enable forward movement, even symbolically.



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## Trauma Integration An Intervention Framework