

# Therapies for Resolving Psychological Trauma and Treating Addiction

---

Diana Southgate is qualified in several specialised therapies that have proven efficacy in treating psychological trauma and addiction. These include psychotherapy and clinical hypnotherapy models and techniques. She tailors evidence-based therapeutic approaches to each patient's need. Some of the common, proven methodologies that she uses are listed below.

## Brain Working Recursive Therapy (BWRT)

BWRT is a new, innovative approach based on neuroscience. Negative, destructive thought patterns and responses, as well as troubling emotions, are removed from memory. Positive, adaptive neural pathways are created. BWRT is a fast-working therapy that can bring about permanent change in a short period of time.

BWRT is effective in treating several conditions, including stress and anxiety, Post Traumatic Stress Disorder (PTSD), depression, and addiction, among others.

## Ego State Therapy

Ego State Therapy is a psychodynamic approach effective in treating several mental health issues, including unresolved trauma and addiction. The premise is that the human personality is made up of different 'ego states', each of which harbours different thoughts, feelings and behaviours.

Ego State Therapy is uniquely suited to healing the fragmentation that results from trauma. Stored emotions are uncovered. Trauma is reframed and can then be revisited and explored from a new perspective.

Clinical hypnotherapy enhances the effectiveness of the treatment.

## Eye Movement Integration (EMI)

EMI is an eye movement neuro-therapeutic approach effective in treating and resolving unprocessed trauma at a multi-sensory level. The processing of trauma-associated memories allows them to be integrated and stored in the long-term memory, *but without* the distressing, negative emotions and symptoms associated with the experience.

EMI can be highly effective in treating addiction connected to traumatic experience.

**What is Psychotherapy?** Problems are addressed within a professional relationship, using several different therapeutic principles and techniques. Treatment is not limited to mental illness and mental health issues. Psychotherapy can help explore and resolve relationship problems with others and with ourselves. It is useful for tackling self-esteem issues. Relevant psychotherapy approaches can help people address addiction, and can help them stay clean.

**What is Clinical Hypnotherapy?** A professional technique strengthening the effectiveness of other therapeutic approaches, it is particularly helpful in treating addiction. It is not so much a treatment as a relaxation technique that facilitates treatment. In a relaxed state of focused attention, healing and growth can occur more effectively and efficiently. Clinical hypnotherapy is not about losing control. The conscious mind is alert and remembers everything. Clinical hypnotherapy is not 'stage hypnosis.'