

THE TRAUMA PAIN SUPPORT TOOLKIT

TOOLKIT 1:

**YOUR ONBOARDING GUIDE
RECOVERY PROGRAM**

**SPECIALIST PROGRAM: HEALING PTSD &
DEPRESSION**



TRAUMA PAIN SUPPORT

A stack of four smooth, grey stones of varying sizes, balanced on top of each other. The background is a blurred, light-colored surface.

SPECIALIST PROGRAMME: HEALING PTSD & DEPRESSION

What It Offers:

This specialist pathway provides structured support for clients experiencing psychological trauma, depression, or PTSD, particularly following a traumatic event such as a road traffic accident (RTA).

The programme offers psychoeducation, nervous system retraining, and practical tools to help manage emotional overwhelm, anxiety, low mood, and trauma flashbacks.

It is designed for use alongside therapy or in preparation for psychological intervention.



SPECIALIST PROGRAMME: HEALING PTSD & DEPRESSION

What's Included:

- 5 clinical education sessions
- Short videos explaining trauma, depression & recovery
- Practical worksheets for self-reflection & tracking mood
- Grounding & stabilisation tools
- Step-by-step guidance on managing trauma symptoms

Who It's For:

- Clients showing signs of post-traumatic stress, low mood, or emotional shutdown
- Individuals awaiting therapy or receiving ongoing mental health support
- RTA survivors with lingering psychological symptoms
- Those requiring a gentler, trauma-informed approach to re-engagement

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What Clients Will Achieve:

- Understanding of trauma responses and why they persist
- Better emotional awareness and self-compassion
- Skills to manage anxiety, low mood and dissociation
- Foundations to begin or complement formal psychological therapy
- A sense of emotional safety and control over recovery



TRAUMA PAIN SUPPORT

Supporting trauma and chronic pain recovery

SPECIALIST PROGRAMME: HEALING PTSD & DEPRESSION

- **When to Offer:**
- **When a client shows emotional shutdown, flashbacks, or heightened anxiety**
- **After a traumatic event such as an RTA, especially if psychological symptoms persist**
- **While the client is waiting for formal therapy or is between treatment phases**
- **If the client is reluctant to engage in therapy but needs structured emotional support**
- **As a complement to clinical interventions or after crisis stabilisation**