

THE TRAUMA PAIN SUPPORT TOOLKIT

TOOLKIT 1:

**YOUR ONBOARDING GUIDE
RECOVERY PROGRAMS**

STAGE 1: FOUNDATIONS OF RECOVERY



TRAUMA PAIN SUPPORT

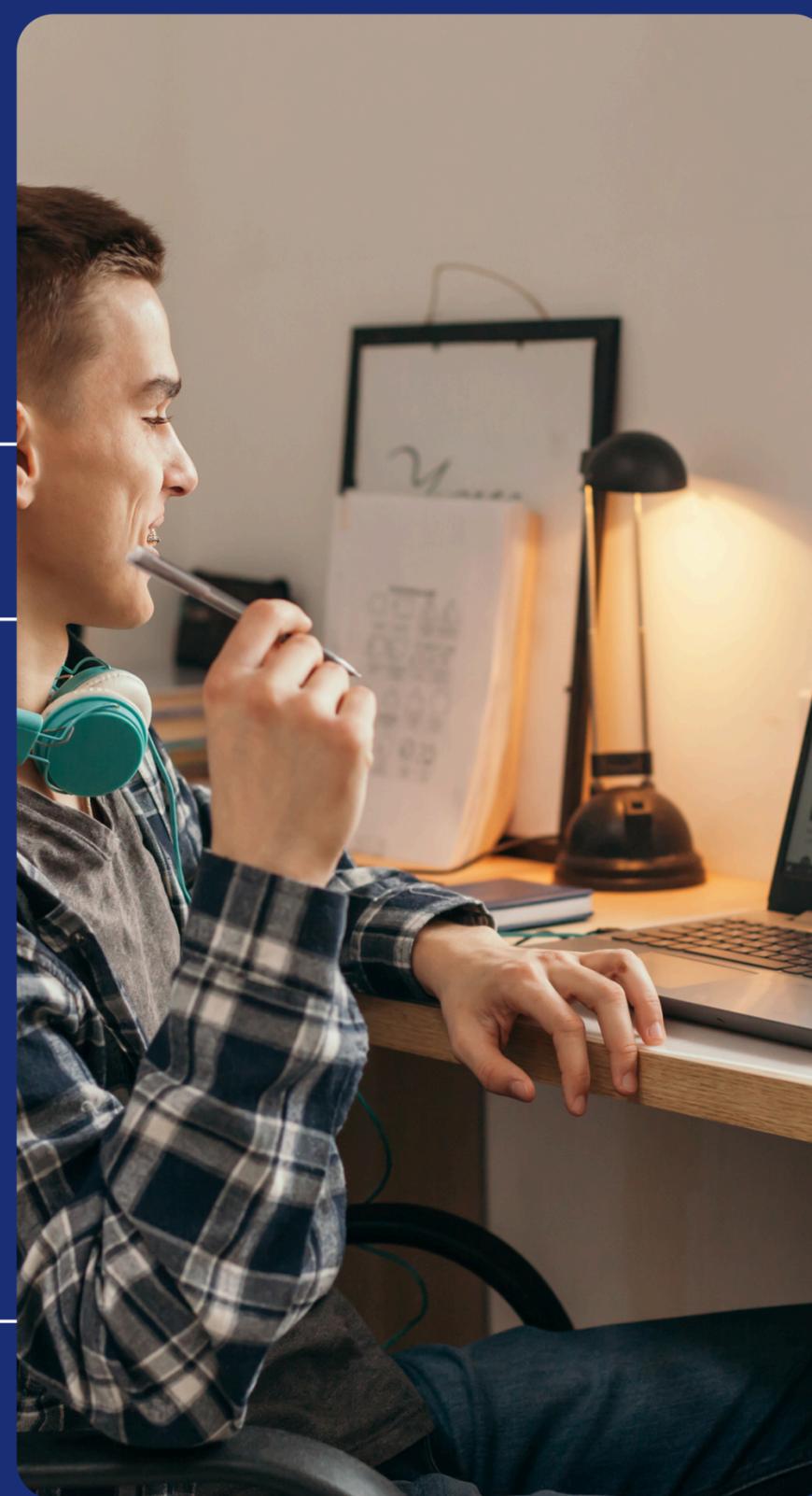
STAGE 1: FOUNDATIONS OF RECOVERY

What It Offers:

A foundational trauma recovery programme focused on nervous system regulation, emotional awareness, and reconnection with the body.

It includes 5 pdf downloadable sessions with explainer videos, printable worksheets, and journaling tools for guided practice.

Supporting trauma and chronic pain recovery



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STAGE 1: FOUNDATIONS OF RECOVERY

What's Included:

- 5 recovery Sessions
- 5 explainer videos for each session
- 10+ worksheets & journaling tools for each session
- Breathwork and grounding video links



Who It's For:

- Recently discharged patients
- Clients waiting for therapy
- Those in early stages of PTSD recovery

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STAGE 1: FOUNDATIONS OF RECOVERY

What Clients Will Achieve:

- Understanding trauma and their symptoms
- Emotional regulation and self-awareness
- Reduced confusion, increased calm
- Foundation for deeper recovery work



When to Offer:

- Immediately post-discharge
- At start of recovery pathway
- For self-led or blended therapy support

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