

THE TRAUMA PAIN SUPPORT TOOLKIT

TOOLKIT 1:

**YOUR ONBOARDING GUIDE
RECOVERY PROGRAM**

STAGE 2: ADVANCED RECOVERY



TRAUMA PAIN SUPPORT

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What It Offers:

An advanced trauma recovery programme designed to deepen resilience, manage energy levels, and support clients through setbacks.

It focuses on long-term recovery by building adaptive coping skills, restoring confidence, and reconnecting with personal goals and identity.

It includes downloadable sessions, explainer videos, worksheets, and reflective tools, all tailored for clients who have completed initial trauma support or are navigating chronic symptoms.

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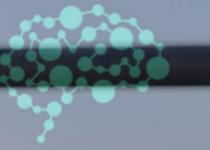
What's Included:

- 6 advanced recovery sessions
- 6 explainer videos with self-paced learning
- Over 10 printable worksheets and pacing tools
- Stress, pacing & fatigue management guides
- Optional grounding & resilience exercises

Who It's For:

- Clients completing Stage 1 or similar foundational trauma support
- Those experiencing recovery plateaus or flare-ups
- Individuals with persistent fatigue, chronic stress, or emotional relapses
- Clients in long-term trauma care or re-engagement phases

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What Clients Will Achieve:

- Improved pacing and self-regulation
- Stronger coping responses to life stressors
- Restored focus and confidence in daily activities
- Sustainable, long-term recovery habits
- Resilience strategies for setbacks and triggers

Supporting trauma and chronic pain recovery

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- **When to Offer:**
- After completion of Stage 1: Foundations of Recovery
- During periods of regression or difficulty maintaining progress
- As a support pathway while awaiting or returning to therapy
- For clients managing complex trauma or chronic emotional fatigue