

# Who we support

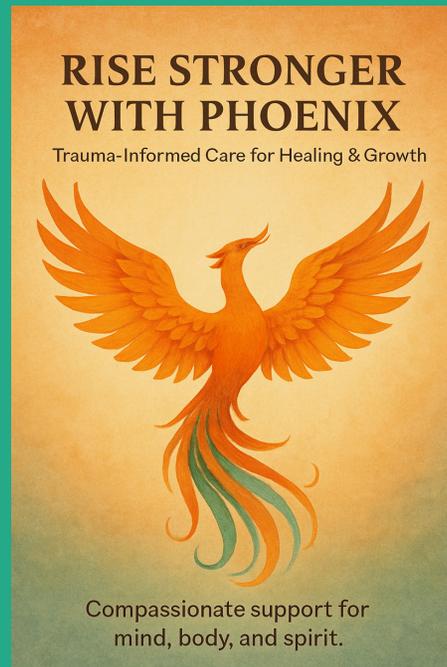
## People living with:

- PTSD and complex PTSD
- Childhood trauma
- Domestic or sexual abuse
- Medical or birth trauma
- Workplace trauma and burnout
- Sudden loss and crisis events

Our service support:

Young people: 13 - 17yrs

Adults: 18yrs and over



# Our Approach

We work collaboratively, ensuring therapy moves at a pace that feels safe and manageable. Our goal is to help individuals build resilience, reclaim personal power, and move toward a life shaped by choice, not trauma.

Your healing matters. Reach out when you're ready.

## Rise - Recover - Rebuild

**Contact us**

[www.phoenix-trauma-services.org](http://www.phoenix-trauma-services.org)

Email:  
[enquiries@phoenix-trauma-services.org](mailto:enquiries@phoenix-trauma-services.org)

# Phoenix Trauma Services



## Rise - Recover - Rebuild.

Supporting people on their journey through trauma with compassion, expertise, and evidence based care.

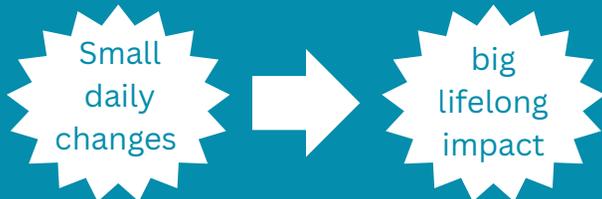
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## Who We Are

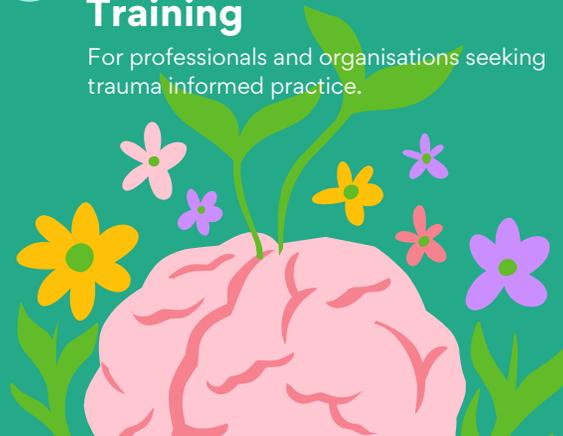
Phoenix Trauma Services provides specialist therapeutic support for individuals affected by traumatic experiences.

Our team includes experienced trauma therapists, psychologists, and support professionals dedicated to creating a safe path toward recovery.



## What we offer

- ✓ **Specialist Domestic Abuse Recovery**  
Comprehensive support for individuals and families healing from domestic abuse.
- ✓ **Tailored SEND Aware Sessions**  
Therapeutic approaches adapted for families whose children have Special Educational Needs and Disabilities.
- ✓ **Trauma Focused Treatments**  
Including EMDR, CBT for trauma, and integrative therapeutic approaches.
- ✓ **Individual Therapy**  
Flexible sessions online and in-person to meet diverse needs.
- ✓ **Consultation and Training**  
For professionals and organisations seeking trauma informed practice.



## How to Support Others

### Listen and Validate

Taking the time to listen with empathy and without judgment helps individuals feel seen, heard, and respected. Validation acknowledges their pain and begins to rebuild a sense of trust and safety.

### Professional Help

Professional therapists can provide a safe, confidential space to process experiences and develop tools for recovery. Reaching out for help is a powerful step toward healing and hope.

### Stay Connected

You are not alone. Staying connected with trusted friends, family, or community networks can provide strength and stability. Healthy connections remind survivors that care, understanding, and belonging are possible.

### Educate Yourself

Knowledge is empowering. Learning about trauma and its impacts fosters understanding, compassion, and resilience - for both survivors and those who support them. Awareness is a key part of breaking the cycle of silence and stigma.