



FaithWorks Counseling

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STRATEGIC TRAUMA AND RECOVERY SYSTEM (12-STR)

Phases of Treatment

Phase 1: Establishing Safety and Stabilization (Faith)

- Admitting being wounded and powerless but not helpless.
- Stop trying to fix self, humbly ask God for healing.
- Accepting grief is part of the healing process and stop numbing with substances and/or stoicism
- Partnering with a counselor to move to Phase 2.

Phase 2: Reprocessing and Grieving (Hope)

- Share story in writing and reprocess grief.
- Identifying and sharing interpretations, beliefs, and their impact.
- Identifying survival responses then and later, contradicted expectations and losses.
- Making a comprehensive list of losses.
- Choosing forgiveness for the perpetrator and self.
- Making a spiritual or personal marker.

Phase 3: Reconnecting and Integrating (Love)

- Remaining open to identifying other wounds and willing to repeat these steps.
- Beginning to intentionally move toward reconnecting with self, God and others.

***It is God who arms me with strength and keeps my way secure.
2 Samuel 22:33***