



SILTA

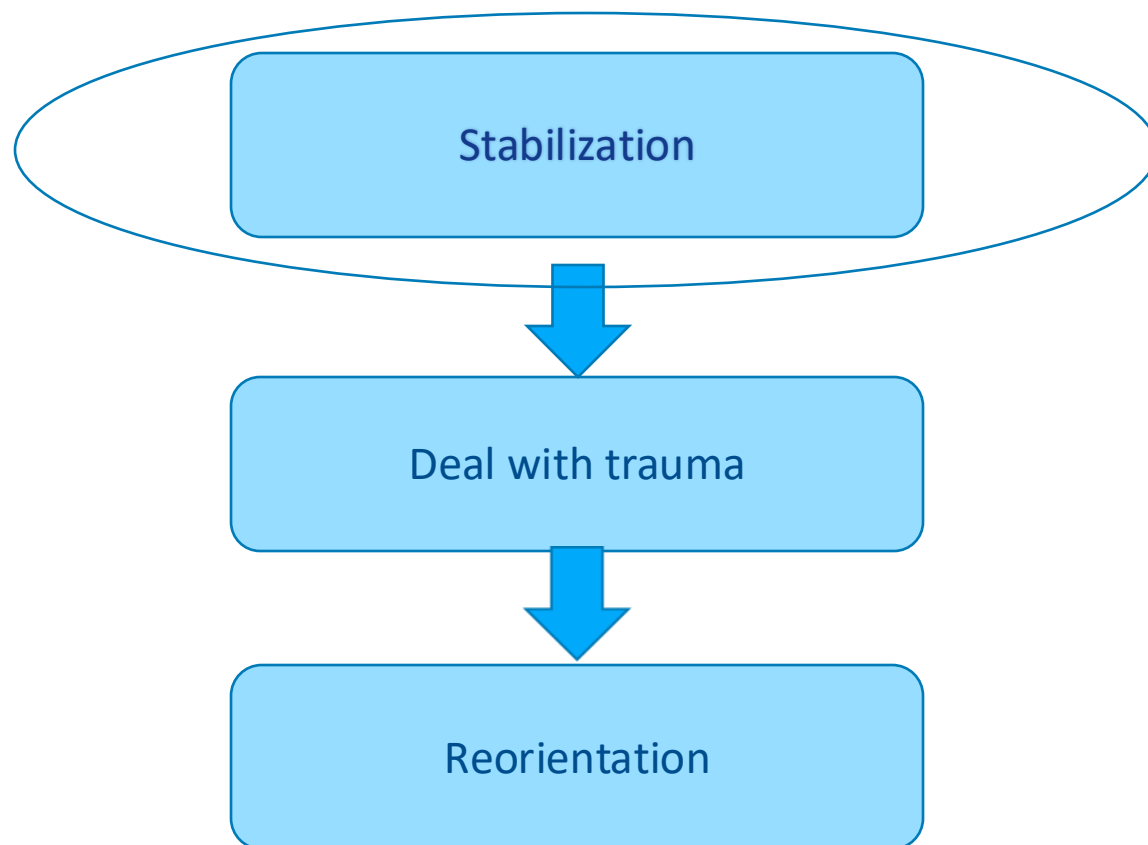
VALMENNUS

Särö (Fracture): from broken to whole

STEA The Funding Centre for Social Welfare and Health Organisations

- The aim is to identify complex traumatisation and to develop rehabilitation for persons with a criminal background and those undergoing substance-abuse rehabilitation.
- The work is carried out in co-operation with prisons, in conjunction with rehabilitation and in open groups with unincarcerated persons.
- The activities take the form of individual work, trauma stabilization groups and staff training.

Särö (Fracture): from broken to whole



Särö (Fracture): from broken to whole

Stabilization

SÄRÖ: individual work and trauma
stabilization groups

- Focuses on stabilization and symptom reduction.
- Trust is built, the experience of safety is strengthened, and the overall stability of everyday life and life situations is supported.
- Service guidance is also important at this stage so that the client receives sufficient support, e.g. in the management of housing, financial and health issues.
- The aim of the stabilization phase is to gain information about the trauma, increase understanding and reduce trauma-related symptoms, and practice stabilization skills, such as self-soothing, regulating alertness and emotions, and setting and recognizing boundaries.

Särö (Fracture): from broken to whole

Deal with trauma

takes place in psychotherapy or other
trauma treatment

- The deal with trauma phase refers to the processing of traumatic events.
- Traumatic memories are reviewed in stages through safe exposure, with the goal of reducing the need for avoidance.

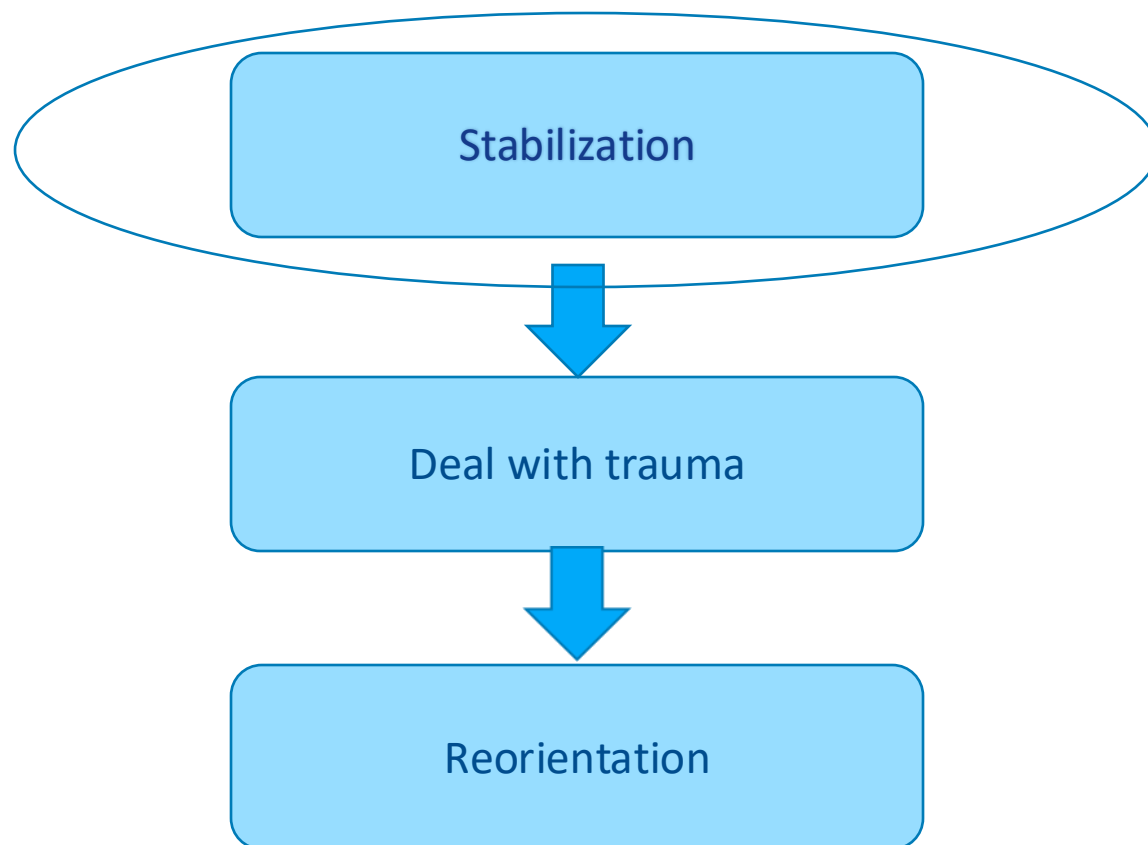
Särö (Fracture): from broken to whole

Reorientation

Individual reorientation

- Traumatic events become part of the life story, the personality is united into a coherent whole and oriented towards the present moment and the future.

Särö (Fracture): from broken to whole



Särö (Fracture): from broken to whole

Themes in individual work and in stabilization groups:

- Trauma and trust, how to increase trust
- Traumatization and safety, how to increase safety
- How to regulate alertness
- Feelings
- Violence and personal boundaries
- Strengths and resources
- Thoughts and who I am