

Managing Trauma Reactions Using SPR

PRACTICE GUIDE



Building Problem-Solving Skills

- [Problem-Solving Strategies and Obstacles](#)
- [See What You Think: A recipe for problem-solving](#)



Promoting Positive Activities

- [The Power of Positive Activities on Trauma Recovery](#)
- [Why Having Fun Is the Secret to a Healthier Life](#)



Managing Reactions

- [Trauma-Informed Mindfulness: A Guide](#)
- [Relaxation Techniques](#)



Promoting Helpful Thinking

- [Techniques for reframing thoughts](#)
- [Identifying and changing unhelpful thoughts](#)



Rebuilding Healthy Social Connections

- [Is Social Disconnection Comparable to Smoking?](#)
- [Social Support Contributes to Psychological Health](#)