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
- <u>Identifying and changing unhelpful</u> thoughts



Rebuilding Healthy Social Connections

- <u>Is Social Disconnection Comparable to Smoking?</u>
- Social Support Contributes to Psychological Health

Adapted from The National Center for PTSD & the National Child Traumatic Stress Network, Skills for Psychological Recovery: Field Operations Guide by MSU Trauma Services and Training Network 2024