



Individual and Group Intervention Based on Trauma-Sensitive Mindfulness: Connecting to our Strengths to Recover from Traumatic Experiences



Although there are positive effects for those engaging in mindfulness-based interventions, including a reduction in post-traumatic stress symptoms and anxiety, this type of intervention can also trigger distress, reminiscence or re-traumatization in survivors of interpersonal trauma (e.g., sexual abuse, complex trauma, etc.). Indeed, in addition to inviting survivors to come into contact with traumatic memories, mindfulness can disrupt the avoidance mechanisms put in place to counteract these painful stimuli. In order to overcome these limitations, workers at the CIUSSS du Centre-Sud-de-l'Île-de-Montréal, in collaboration with trauma and mindfulness researchers, have developed the group intervention "Connecting to our strengths to recover from traumatic experiences". This intervention was designed specifically for adult survivors of interpersonal trauma. It offers weekly three-hour group meetings over 15 weeks in addition to the individual meetings offered. It uses mindfulness techniques and is based on trauma-sensitive therapeutic approaches. This workshop aims to introduce the intervention, discuss its implementation, and present preliminary data on the effects of this intervention and its appreciation among participants.



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- PRESENTATION IN FRENCH -

