



Therapy & Support Checklist

How to Find a Trauma-Informed Therapist

- Look for therapists with training in trauma-focused modalities (e.g., EMDR, CBT for trauma).
- Ask if they have experience working specifically with survivors of sexual assault.
- Check their licensing and whether they participate in survivor-focused networks or directories.

Questions to Ask in a First Therapy Session

- What is your experience with trauma and sexual assault survivors?
- How do you typically structure sessions?
- What approaches or techniques do you use to help with trauma recovery?
- How will I know if therapy is working for me?

Journaling or Grounding Practices to Support Healing

- Keep a journal to track emotions, triggers, and progress.
- Practice grounding exercises (e.g., 5-4-3-2-1 technique for senses).
- Use affirmations or mindfulness practices to stay present.
- Create a small self-care routine after sessions (walk, warm tea, music).