

## Help with Traumatic Imagery

**Misconception:** After a trauma, the flashbacks, intrusive images, and nightmares never go away. People just have to learn to live with them.

**Fact:** While people do not forget the details of a traumatic event: flashbacks, nightmares, and intrusive images can eventually be let go either naturally or with trauma counseling.

Some extremely effective counseling tools that may help to eliminate trauma symptoms include Eye Movement Desensitization and Reprocessing, and Neuro-Linguistic Processing. When seeking help for traumatic stress symptoms, be sure to look for a counselor with expertise in traumatology.



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