

Helping a Loved One Cope with Trauma

- ❖ Encourage discussion of the traumatic event. Make sure that you are ready to talk about this before expecting them to do so. If you are in crisis yourself, you may not be helpful to them.
- ❖ Know what the symptoms of trauma are and let your loved one know that what they are experiencing is normal. Be patient with them. Don't judge them for how long it takes for them to process the trauma.
- ❖ Be accepting of the emotions that they are expressing. Do not tell them how they should feel and do not judge them for what they are feeling.
- ❖ Actively listen to what they are sharing with you.
- ❖ Tell them and show them that they are loved and valued.
- ❖ Encourage them to spend time with their friends and support systems.
- ❖ Encourage them to seek assistance from a counselor to help them with processing their trauma.