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Helping couples and individuals find  
hope, healing, and spiritual renewal  
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## PARTIAL LIST OF TRAUMA-INFORMED THERAPIES

Compiled by Linda J. MacDonald, M.S., LMFT

Here is a partial list of the kinds of therapies that can help relieve PTSD symptoms as well as the self-esteem injuries beneath them. Good trauma therapy needs to involve more than “talk therapy.” It needs to access the right side of the brain where memories are stored, take them out of isolation, revisit them, and connect them with the more “adult” or rational parts of our brains.

We need nurturing, corrective experiences to counter the negative beliefs we associate with each distressing event.

Some therapies do this by visual means (picturing) a painful experience and infusing it with new visuals to bring new meaning to the trauma. Some therapies place an emphasis on cognitive restructuring – directly identifying and challenging unhealthy beliefs, followed by helping folks find new language to explain the significance behind what happened. Other approaches make use of our bodily movements and senses in order to connect with trapped memories so they can be processed and released.

I have divided these therapies into rough categories, although many trauma-informed therapists use overlapping approaches:

### **Visual and Cognitive:**

- **Lifespan Integration** (esp. Trauma Protocol), developed by Peggy Pace, M.A. <https://lifespanintegration.com/> She makes use of a timeline of memories (aka timeline cues). This theoretically helps folks develop new neural pathways up to the present, which tells the person these painful events happened a long time ago and are no longer occurring. Therapists may have the client envision a “Wise Sage,” “Jesus,” “Nurturing Parent,” or the client’s “Adult Self” accompany the client on this journey of connection and healing. I most often used the Trauma Protocol of LI with traumatized clients.
- **Prolonged Exposure Therapy**, actual or imagined. Probably the most common treatment approach for veterans of war. The goal is to repeatedly review traumatic memories with a therapist, group, or the scene of an event to desensitize them to the horror, pain, and shame they feel. May or may not include treatment for the “moral

injury” that conflicted vets feel for witnessing or doing things that violate their conscience. <https://www.choosingtherapy.com/post-traumatic-stress-disorder/>  
<https://www.usmedicine.com/current-issue/prolonged-exposure-therapy-showed-some-advantages-in-treating-ptsd/>

### **Visual and Sensory:**

- **EMDR**, developed by Francine Shapiro, Ph.D. <https://www.emdria.org/> is one of the most researched and clinically validated treatments for trauma in the world.
- **Attachment-Focused EMDR**, adapted by Laurel Parnell, Ph.D. <https://drlaurelparnell.com/> Some EMDR-trained therapists prefer this adaptation.
- **Emotional Transformation Therapy (ETT)**. Developed by Psychologist Stephen Vasquez in 1991. It incorporates the use of light, color wavelengths, and eye movements and aims to rapidly transform emotional distress and related physical pain into a positive emotional state. <https://www.goodtherapy.org/learn-about-therapy/types/emotional-transformation-therapy>
- **Internal Family Systems**, developed by Richard Schwartz, Ph.D. <https://internalfamilysystems.pt/index.php/intervenientes/richard-schwartz>  
<https://www.psychologytoday.com/us/therapy-types/internal-family-systems-therap>
- **Internal Family Systems from a Christian perspective**, as presented by Jenna Riemersma in her book, *Altogether You*. <https://www.amazon.com/Altogether-You-Experiencing-spiritual-transformation/>)

### **Cognitive:**

- **Cognitive Restructuring** for Betrayal Trauma, as taught by Doug Weiss and Robert Weiss. <https://www.drdougweiss.com/> (Dr. Doug Weiss' site)  
<https://sexandrelationshiphealing.com/> (Dr. Robert Weiss' site)
- **APSATS Three-Dimensional Model**. Specialized training for therapists who treat partners/former partners of sex addicts.  
<https://www.apsats.org/specialists#!directory/map>

### **Cognitive and Sensory:**

- **Complex Trauma Treatment** Training by Janina Fisher, Ph.D. She integrates several therapies for treating PTSD and C-PTSD: Sensori-motor body-based therapies, Polyvagal theories, and Internal Family Systems. <https://janinafisher.com/>
- **Dr. Omar Minwalla's Approach** regarding the impact of secret sexual behaviors on victims and their treatment.  
[file:///C:/Users/User/Downloads/61a5399eb4455c2a32f84d60\\_The\\_Secret\\_Sexual\\_Ba%20sement\\_Nov\\_2021.pdf](file:///C:/Users/User/Downloads/61a5399eb4455c2a32f84d60_The_Secret_Sexual_Ba%20sement_Nov_2021.pdf)

### **Sensory:**

- **Somatic and Sensori-Motor Body Therapies**, as promoted by Dr. Peter Levine, Dr. Pat Ogden and others. **Somatic therapies** focus on helping the body release the pent-up energy and traumatic shock still trapped in the body.

- **Art Therapy** or **Dance Therapy** for PTSD Victims  
<https://www.healthline.com/health/art-therapy-for-ptsd>
- **Spiritually / Emotionally Healing Music.** Music has the ability to penetrate memories and emotions, beyond mere words alone. Adapted to a client's preferences and associations. Ideally listened to in the presence of a nurturing music therapist.
- **Nature.** Psychologist, Florence Williams, author of *Heartbreak: A Personal and Scientific Journey*. Dr. Williams believes brokenhearted people need a transcendent sense of "awe" in order to heal. She has personally found this in nature.

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