

Therapy



The recovery from a burn injury often begins with a focus on physical recovery, but a traumatic injury can affect those impacted by a burn injury mentally, emotionally, and spiritually as well. For mental and emotional healing there are many avenues that survivors and supporters can pursue, like 1x1 peer support, support groups, and therapeutic support. Here are resources on how to find a therapist and types of work other survivors find helpful.

A therapist can help you with those trauma symptoms you may be stuck in after your injury or with pre-existing issues that have been reactivated or intensified by your burn trauma.

Statewide

Psychology Today – One of the best resources available to find therapists is the *Psychology Today* search engine. It allows you to search for therapists based on location, need/issue, type of therapy or tool, experience, age, gender, and many other criteria.

<https://www.psychologytoday.com/us/therapists>

Insurance – Finding a therapist that seems perfect and then discovering they do not take your insurance can be frustrating and a setback in your recovery. One way to make sure this doesn't happen is to work with your insurance company to find a therapist in your network. Most insurance companies have a database to search for providers. You are also able to call the number on your card and work with a representative to find a list of therapists in your area. Be patient—you may have to call a lot of the therapists on your list until you find one with an open spot. Leave a lot of messages and don't stop after a few. Also know that if you get a therapist and do not feel it is a match at first, do not be afraid to try another. It is important that you have the best fit for you and therapists understand this.

Liberation Institute – this organization has sliding-scale therapy and provides in-person groups and individual therapy in the SF Bay Area and by tele-health throughout the state. <https://www.liberationinstitute.org>

Burn Survivor Therapists

Each survivor or supporter has their own unique needs when searching for a therapist. While finding a therapist that fits you may be an involved process, one place to start is with therapists who are also burn survivors. AARBF can help you connect with burn survivor therapists.

AARBF James Bosch Therapy Grant – Now that you have found a therapist that works for you, you should know AARBF recognizes the value of therapy to burn survivors and supporters. For this reason, we offer therapy grants to help support your healing journey. Links are the application and additional information about the grant. <https://www.aarbf.org/project/therapy-grant/>
<https://forms.gle/S4m1Ty7XtoVysrSn9>

For any additional questions or support navigating any of the resources listed above, please contact AARBF:

Phone: 800-242-BURN * Website: AARBF.org * Email: Info@aarbf.org

Therapy

(continued)



Types of Therapy

Cognitive behavioral therapy (CBT) — short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel.

Eye Movement Desensitization and Reprocessing Therapy (EMDR) — used to treat PTSD. A number of studies have shown it can reduce the emotional distress resulting from traumatic memories. EMDR replaces negative emotional reactions to difficult memories with less-charged or positive reactions or beliefs. Performing a series of back-and-forth, repetitive eye movements for 20-30 seconds can help individuals change these emotional reactions.

Exposure Therapy — a type of cognitive behavioral therapy that is most frequently used to treat obsessive-compulsive disorder, posttraumatic stress disorder, and phobias. During treatment, a person works with a therapist to identify the triggers of their anxiety and learn techniques to avoid performing rituals or becoming anxious when they are exposed to them. The person then confronts whatever triggers them in a controlled environment where they can safely practice implementing these strategies.

Somatic Psychotherapy (also called Body Psychotherapy) — a form of body-centered therapy that looks at the connection of mind and body and uses both psychotherapy and physical therapies for holistic healing. In addition to talk therapy, somatic therapy practitioners use mind-body exercises and other physical techniques to help release the pent-up tension that is negatively affecting physical and emotional well-being.



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