

### ***How might G-TEP help me?***

G-TEP is of particular relevance during the pandemic due to its ability to address traumatic events and to reduce psychological, physiological and emotional symptoms that may persist. If symptoms are present after a period of 30 days this can indicate that, a little help is needed to switch on the breaks and return to your resilient self.

### ***How does it work?***

G-TEP is designed to complement the natural recovery process and to address the trauma related blocks that may have been stored over a period of time during which you have had little time for recovery and rest to process things between shifts and exposures. This might be as a result of your routine work exposure, or a single traumatic event or critical incident or may be a loss that is personal or professionally associated.

### ***What does it do?***

The intention of the G-TEP session is to create balance, control and ability to deal with the next challenge ahead, specifically considering that events are ongoing in this uncertain time. The session can help to prevent complications and build resilience aiding your natural recovery process. Crucially G-TEP is designed to be preventative – addressing accumulative stress symptoms and Acute Stress reactions before there is potential for more severe trauma related disorders to develop – such as PTSD. G-TEP is a gentle but powerful therapy – based on the Affect Information Processing Model of the Eye Movement Desensitisation and Reprocessing therapy (EMDR). No discussion of the traumatic event or any associated events are made during the process. However, the event/s are addressed and desensitised during the session.

### ***What can I expect?***

Potential participants will be screened ahead of the session to ensure G-TEP is appropriate for their needs. Anyone who may benefit from more intensive trauma support or further engagement with another area of our service – will be advised about options for further support. Strategies for self-regulation will be delivered during the session – these can be transferred to use on a daily basis.

### ***Can I attend more than once?***

Yes - G-TEP sessions can be attended regularly as an extra support resource.

### ***Evidence base***

G-TEP originated from disaster management situations such as humanitarian and natural disasters. It has a diverse evidence base supporting its efficacy and effectiveness for reducing symptoms of accumulative stress, acute stress and traumatic stress/disorders. It is now used across the world with many multi-disciplinary team members who are exposed to traumatic experiences in the line of their work.