



ALTERNATIVE TREATMENTS FOR TRAUMA AND PTSD

Below are some brief descriptions of alternative treatments and interventions that are found by some to be beneficial when dealing with trauma. This is not intended to be a list of all alternative treatments and you may find others that work for you. Generally, alternative treatments are best utilized in conjunction with, or as recommended by, a health or mental health professional.

This is not intended to be a comprehensive list of all alternative treatments or resources.

If you have any questions about these or other alternative treatments, you may contact the Vegas Strong Resiliency Center at 702-455-2433 or 833-299-2433 or vegasstrongreciliencycenter@clarkcountynv.gov

Trauma-Sensitive Yoga (TSY)

This form of yoga incorporates trauma informed care practices in a moving method. The goal is to provide safe, predictable and empowering sessions emphasizing choice and internal focus. TSY supports stabilized emotions and tools for dealing with symptoms of trauma and post-traumatic stress. It focuses on integrating breath, mindfulness and self-regulation into a set of basic postures, eliminating the more vulnerable poses.

Acupuncture

The Department of Veterans Affairs lists acupuncture as a Complementary and Alternative Medicine (CAM) treatment for post-traumatic stress. The practice is a Chinese medicine energy modality that involves inserting needles into specific points in the body to help prevent or relieve health issues. It is a safe and cost-effective treatment for chronic conditions, including anxiety, sleep issues, and post-traumatic stress.

Trauma-Sensitive Meditation

Trauma causes a number of changes in the brain associated with memory, learning difficulties, and more reactive and weaker neural connections. Meditation and breath awareness increases the ability to focus, pay attention, and be mindful.

Music Therapy

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music therapy can help children and adults in crisis learn and use positive coping skills and express difficult feelings and emotions.

Art Therapy

Art therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art therapy is used to foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, and to reduce and resolve conflicts and distress.

Weighted Blankets

A weighted blanket draped over the body can support feelings of comfort and security. The deep pressure touch stimulation can weaken unwanted thoughts and relax muscle tension. Similar to the benefits of massage, moderate pressure applied to the body fosters the natural production of serotonin.

Service Dogs

An assistance dog for a person with PTSD (Post Traumatic Stress Disorder) is taught behaviors that help people to better cope with fear and anxiety. These dogs can provide a physical barrier between their partner and the public, provide stress reducing pressure on trained body points and provide a social bridge as a point of conversation. These dogs have full public access rights under the Americans with Disabilities Act.