



Better Days
PSYCHOLOGY

Roadmap to Recovery

**NAVIGATING THE JOURNEY
BEYOND TRAUMA**

Your guide to reclaiming your
life and building better days.



Your Pathway to Healing and Growth



Recovery from trauma is a deeply personal journey, and like any journey, having a clear roadmap can make all the difference. This guide is designed to support you every step of the way, offering practical tools, insights, and strategies to help you move forward with **confidence** and **purpose**.

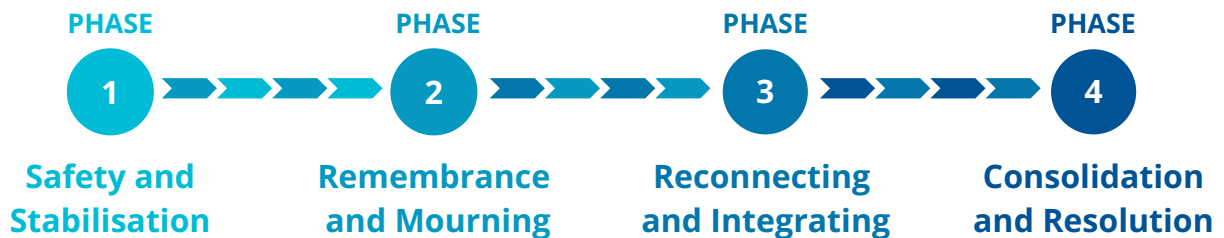
Each stage of recovery is a step toward healing, from building a foundation of safety and self-care to envisioning a thriving future. This roadmap provides a structured yet flexible framework to meet you where you are and help you progress at your own pace.

Remember, recovery isn't about rushing to a destination—it's about making steady progress and celebrating each step forward. With this guide, you'll have the support and direction you need to reclaim your life and move toward healing and growth.

Let's explore the roadmap ahead and prepare for the journey beyond trauma.

The Phases of Recovery

Healing from trauma unfolds in phases, each bringing unique challenges and opportunities for growth. At Better Days Psychology, we guide you through four key phases, helping you to transition through four emotional stages:



Silence > **Victimhood** > **Survivor** > **Thriving**

EMOTIONAL STAGES

This roadmap outlines what you may be experiencing, strategies to help, and how our services support you at every step.



PHASE 1

Safety and Stabilisation

This phase focuses on regaining control, establishing safety, and managing overwhelming emotions. It's about moving from silence to victimhood—acknowledging the impact of trauma while building stability.

WHAT YOU MAY BE EXPERIENCING:

- **Feeling stuck, emotionally numb, or disconnected.**
- **High anxiety or hypervigilance.**
- **Overwhelming emotions or difficulty managing daily life.**
- **Struggling with trust in yourself or others.**

HELPFUL STRATEGIES



Practice grounding techniques to calm your mind and body.

Establish simple, predictable routines to regain control.

Develop coping skills to manage triggers and stress.

Seek professional support to navigate overwhelming emotions.

PHASE 2

Remembrance and Mourning

This phase is about processing and making sense of your trauma. It's a turning point where you move from victimhood to survival, releasing the past's hold and reclaiming your strength.

WHAT YOU MAY BE EXPERIENCING:

- **Confronting painful memories and emotions.**
- **Grieving losses such as safety, trust, or relationships.**
- **Feeling emotionally raw or stuck between healing and fearing the pain.**
- **Beginning to see yourself as a survivor rather than being defined by trauma.**

HELPFUL STRATEGIES



Explore memories in a safe, structured way.

Use emotional regulation tools to manage distress.

Practice self-compassion to meet yourself with kindness.

PHASE 3

Reconnecting and Integrating

This phase is about moving beyond trauma and creating a fulfilling life. You transition from survival to thriving, reclaiming joy, purpose, and connection.

WHAT YOU MAY BE EXPERIENCING:

- **A growing sense of hope and confidence.**
- **Rebuilding relationships and setting healthy boundaries.**
- **Seeking fulfillment in relationships, passions, or personal growth.**
- **Feeling ready to live beyond trauma.**

HELPFUL STRATEGIES



Practice mindfulness and gratitude to stay present.

Set meaningful goals for the future.

Clarify your values and align your life with what matters most.

PHASE 4

Consolidation and Resolution

In this final phase, you integrate healing into daily life, transforming trauma into a chapter of your story. You embody resilience, purpose, and joy.

WHAT YOU MAY BE EXPERIENCING:

- **A deep sense of self-trust and emotional stability.**
- **Occasional reminders of the past, but with confidence in handling them.**
- **A shift from healing to actively building the life you want.**
- **A readiness to embrace life with resilience and empowerment.**

HELPFUL STRATEGIES



Maintain emotional balance through mindfulness and self-care.

Reflect on your values, passions, and aspirations.

Build meaningful relationships and engage in fulfilling activities.

Celebrate your progress and acknowledge your growth.

Roadmap to Recovery at a Glance

Phases of recovery and the **services** that can help you along the way.

1

Safety and Stabilisation

This phase focuses on regaining control as you acknowledge the impact of trauma.

INSYNC COURSE
ANCHOR COURSE



BRIEF THERAPY

Remembrance and Mourning

This is the turning point as you process your trauma and release the past's hold.

2

EMDR THERAPY



3

Reconnecting and Integrating

Now, move beyond trauma and create your fulfilling life.



THRIVE COURSE

4

Consolidation and Resolution

Finally, integrate your healing into daily life and embody resilience, purpose, and joy.

[SEE OUR SERVICES](#)

How Our Services Support You at Each Phase:

PHASE 1

INSYNC & ANCHOR Courses

Learn grounding techniques and self-regulation tools.

Brief Therapy

Develop internal “safe spaces” and coping tools.

PHASE 2

Brief Therapy

Stabilise emotions without triggering intense reactions.

EMDR Therapy

Process trauma safely and effectively.

PHASE 3

THRIVE Program

Focus on personal growth and mindfulness.

Targeted EMDR Therapy

Address lingering blocks like self-doubt.

PHASE 4

THRIVE Program

Foster self-compassion and confidence.

Focused EMDR Therapy

Address lingering emotional triggers.

Preparing for Your Journey



The recovery process takes courage, but being prepared can make it more manageable.

Here's how to get started:



1. COMMIT TO HEALING

Acknowledge your readiness to move forward.



2. REACH OUT

We offer free 15-minute discussions where you can talk with us about where you are and what you need.



3. CHOOSE YOUR PATH

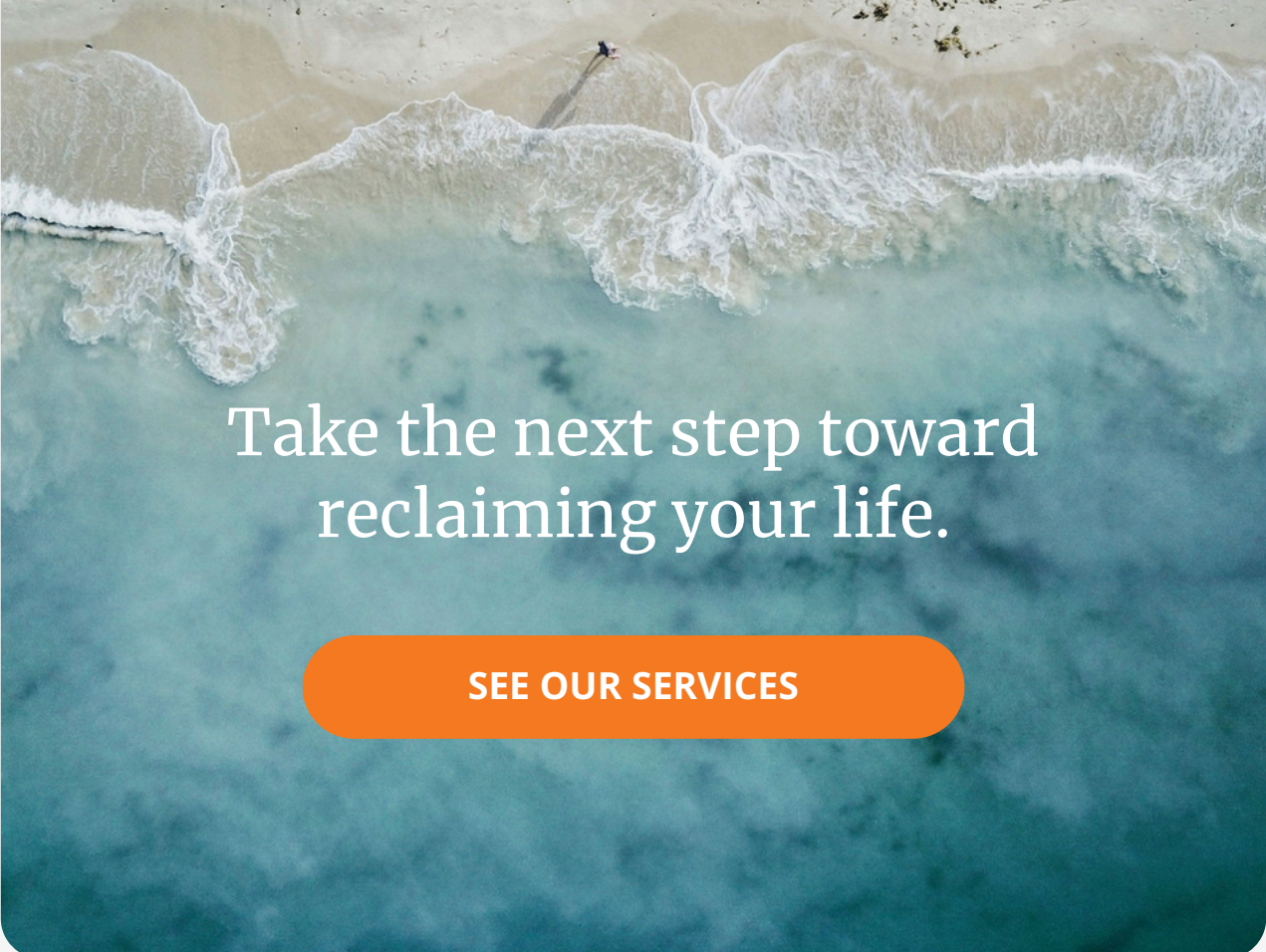
Whether it's a self-paced course, or EMDR Therapy with a skilled therapist, you can choose the path that feels right for you.

Building Better Days Together



At Better Days Psychology, we blend **compassion** and **expertise** to guide you through every phase of recovery. Whether you're seeking stabilisation, ready to process trauma, or working toward a life of thriving, we're here to support you every step of the way.

Let's build better days together.



Take the next step toward
reclaiming your life.

[SEE OUR SERVICES](#)