



ASSIST TRAUMA  
CARE

ASSIST TRAINING

## Developing Coping Skills for Intrusive Thoughts and Images

- Learn to control intrusive thoughts by finding occupations which require concentration.
  - Develop/engage in hobbies / enjoyable pastimes
  - Look at how to recognise the beginning of a rumination, and explore ways to stop this progressing.
  - Look at ways of returning to the present – an object or procedure to concentrate on can help.
  - A safe place can be useful, particularly an internalised one.
  - A coping mechanism for a particular trigger can be useful.
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