

Jigsaw works in harmony with other therapists to assist with client's true recovery.

Because we believe that counselling is not the be all and end all, nor is it medication alone.

To be well and happy takes a lot more, a combination of expert treatments, a good support network and genuine empathic understanding is key to recovery and well being.



**Jigsaw**   
Counselling & Consultancy Services

**TRAUMA, HEALING & RECOVERY CENTRE**

Tel: 01507 608020 or 01522 719224

Web: [www.traumaresources.co.uk](http://www.traumaresources.co.uk)

When terrible things happen like accidents and natural disasters, individuals react in different ways and have diverse perceptions of the incident and events. Responses can change as their symptoms heighten or the impact lessens. PTSD and related symptoms are just some of the responses that happen to some people.

All symptoms are normal reactions to an abnormal situation; it is the body's response for keeping the individual safe from further danger, a primeval instinct, more profound and highly developed than any of us give it credit for.

Our excellent, welcoming and friendly administration team are available to take your call and/or arrange for direct contact with counsellors and trauma specialists who each keep their own diaries.

Calls after these times are confidentially logged in our answering system until the next working day.


12 Nichol Hill, Louth, Lincolnshire, LN11 9NQ

**General Office:**  
01507 608020 or 01522 719224  
(Mon – Fri 8.30am – 6pm)

**Email:**  
[info@traumaresources.co.uk](mailto:info@traumaresources.co.uk)

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*“When the mind, body and spirit work as one,  
anything is possible”* Criss Angel



Offices in: Louth, Lincoln, Grimsby & Skegness

## About Jigsaw

Jigsaw therapists provide counselling and post trauma intervention, for the recovery and growth of individual private clients.

Jigsaw also currently maintains a high caseload of clients from organisations who work with the immediate aftercare of those affected by traumatic incidents on a regular basis.

- *Road Traffic Collision and Fatalities*
- *Personal Injury and Assault*
- *Work Accidents and Critical Incidents*
- *Criminal Injuries and Assault*
- *Rape and Sexual Violence*
- *Childhood Rape and Sexual Violation*
- *Traumatic Childbirth*
- *Complex Bereavement, Grief and Losses*
- *Cross Gender Issues*
- *Military Personnel*
- *Emergency Service Personnel*

We work continuously with solicitor firms, police forces, ambulance services, womens aid groups and rape services, victim support groups, youth groups, physiotherapists, HR companies, hospitals, private clinics, schools, colleges and universities.

Brochure Updated 2016



## Professional Healing & Post Trauma Growth Recovery

- Individual, Professional Counselling
- Tailored Treatment Programmes
- General Counselling
- Psychological Debriefing
- Guided Imagery & Release Visualisation
- EMDR (Eye Movement Desensitisation Reprocessing)
- BSP (Brain Spotting)
- VKDissociation Technique
- Relaxation and Release Therapy Six Week Programme
- Intensive Anger Resolution
- Inner Child Therapy and Analysis for Recovery and Regrowth

All treatments are tailored to suit individual needs and personal requirements.

## The Trauma of Bereavement Grief & Loss

Experts believe that if people do not grieve at the time of death, or shortly after, the grief may stay bottled up inside them.

This can lead to emotional problems, and even physical illness later on.

*“The organs weep the tears that the eyes refuse to cry”.*  
Sir William Osler

People grieve in order to accept a deep loss and carry on with their life.

Working through grief can be a painful process, but it is often necessary to ensure future emotional and physical wellbeing.

