



International Association of Trauma Recovery Coaching

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## CERTIFIED TRAUMA RECOVERY COACHING GOALS

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Our primary goals as a Certified Trauma Recovery Coach are to help our clients:

- establish personal safety
- feel heard, validated and understood
- learn how to connect with themselves and others by first connecting with one another and then connecting with the survivor community
- identify the lies they learned due to their abuse and replace them with truths
- identify their strengths and maximize them
- set goals and action steps for their recovery
- understand how their trauma impacted them biologically, psychologically, emotionally and relationally
- develop a toolbox full of strong coping techniques to facilitate healthy personal change and make their recovery smoother
- connect with adjunctive resources that will help them meet their recovery goals
- identify any maladaptive coping mechanisms they are employing and focusing on developing adaptive coping mechanisms
- understand how intergenerational trauma, family mythology and family systems have affected them
- identify and discover their authentic self