

## Who is STAIR for?

Individuals who have:

- Experienced trauma, such as childhood abuse, assault, or other stressful experience.
- Difficulties managing feelings, such as anxiety, fear, sadness or anger.
- Challenges with relationships or difficulty feeling connected to others.
- Trouble sleeping, nightmares, or upsetting thoughts and memories.

## STAIR goals:

- Become more aware of and comfortable with all your emotions
- Learn positive, healthy coping skills for distressing feelings
- Identify unhealthy relationship patterns
- Develop skills to improve your relationships

## Want to learn more?

Speak with your college counseling center today to learn more and find a STAIR provider or group.



A project to bring Skills Training in Affective and Interpersonal Regulation (STAIR) to students



STAIR is an evidence-based treatment that teaches **skills to manage emotions and improve relationships after experiencing trauma**

## What will I learn?

- How trauma impacts our thoughts, behavior, and mood.
- How to work with challenging emotions.
- New coping skills for managing distress.
- To explore new ways to manage close relationships and improve communication.

## How long will it last?

- One-on-one STAIR consists of 6-10 weekly or biweekly sessions that are 45-50 minutes each.
- Group STAIR consists of 6 or 12 sessions that are 60-90 minutes each.
- You will be asked to practice the skills you learn during your sessions at home.

## What can I expect?

- You will set goals for treatment with your provider.
- You will meet with your provider weekly or every other week.
- Each session will cover a new topic that will build on the topic from the previous session.
- You will be given between session practice to help you apply what you learn and so that you can start to see changes in your daily life.
- You will be encouraged to play an active role in your treatment and provide feedback to your provider.



## Frequently Asked Questions



***Will I need to talk about my trauma memories?***

No. Although STAIR is for individuals who have experienced past trauma, the focus of treatment is building skills in the present.

***How will I know if STAIR is working for me?***



You may notice that you are practicing what you are learning in STAIR in your daily life. STAIR is about empowering a person to choose how they respond to their environment and work towards their goals.

Research studies have found that STAIR helps people to alleviate symptoms related to trauma and depression.