

Who is webSTAIR for?

People who have:

- **Experienced trauma** such as 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.**

What will I learn?

- **How trauma impacts** our thoughts, behavior, and mood.
- Skills to **manage challenging emotions and distress.**
- New ways to **navigate close relationships and improve communication.**

Want to learn more?

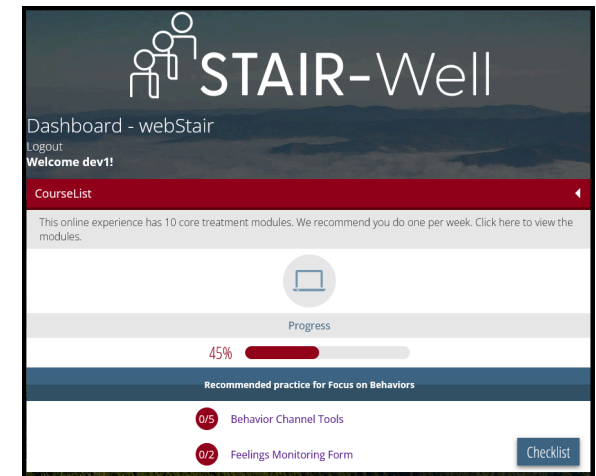
Speak with your college counseling center today to learn more and find out about webSTAIR.



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



Have you heard about webSTAIR?



webSTAIR is an evidence-based online trauma treatment that teaches skills to manage emotions and improve relationships

How long will it last?

- webSTAIR consists of 10 online modules and skills practice.
- Modules are completed on your own.
- To help you learn the skills, you will meet regularly with a coach who is a therapist.
- You will find ways to practice the skills you learn in your daily life.

STAIR goals:

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

What can I expect?

- You will set goals for treatment with your coach.
- You will complete online modules on your own.
- Each module covers a new topic that builds on the last.
- During coaching sessions you will discuss the material, explore what you've learned, and how to use it in your life.



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.