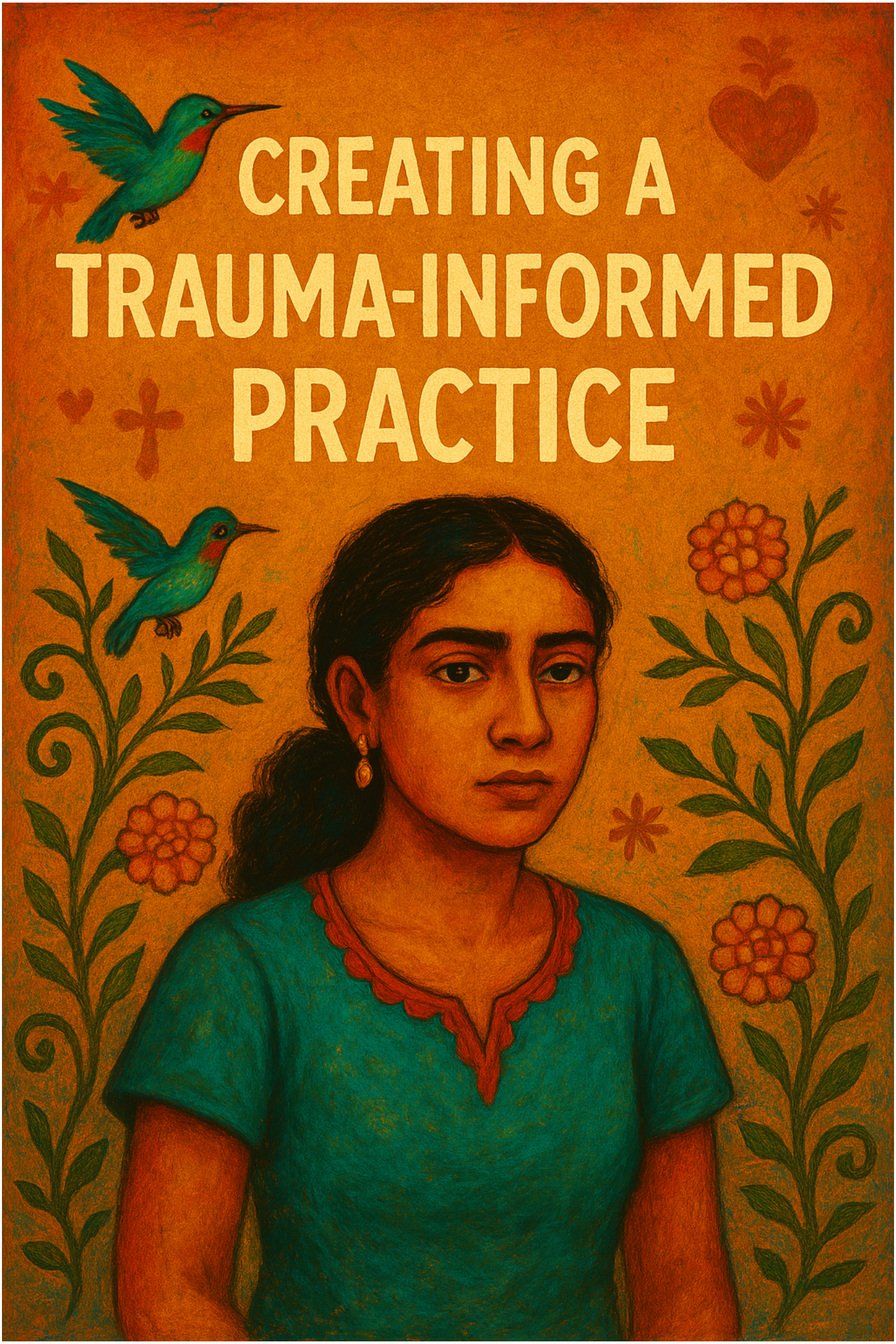
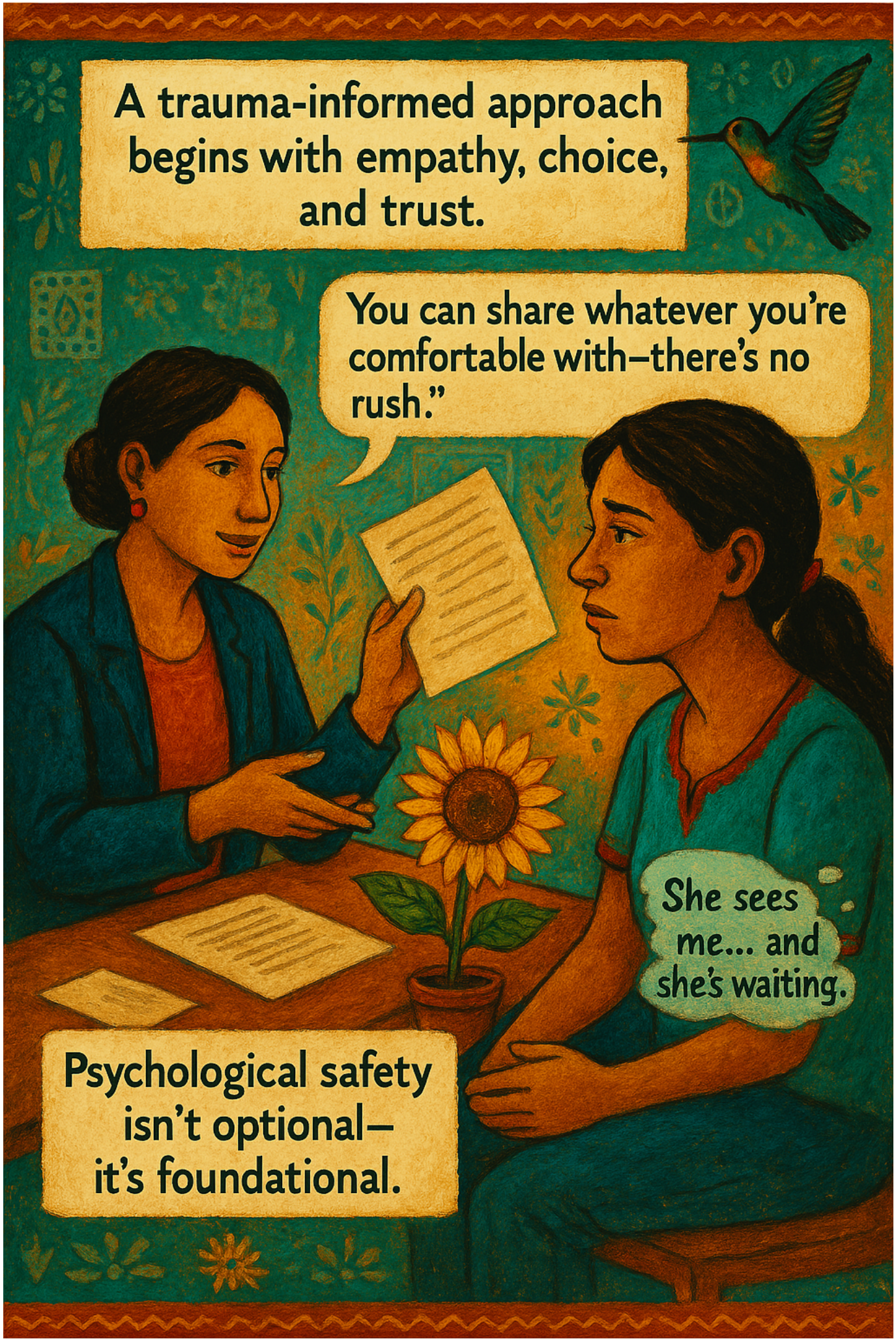

CREATING A
TRAUMA-INFORMED
PRACTICE


Many clients arrive already carrying the weight of trauma. The first encounter matters.
Trauma doesn't always announce itself, but it enters the room with your client.
Respire.
Just get through this.


The traditional legal process can unintentionally mirror the systems that failed them before.
"Please just stick to the facts."
He doesn't see me. Why does this feel like home again—when no one listened?
Ignoring emotional cues can shut down critical communication—and retraumatize.


A trauma-informed approach begins with empathy, choice, and trust.
You can share whatever you're comfortable with—there's no rush."
She sees me... and she's waiting.
Psychological safety isn't optional—it's foundational.


With safety comes trust.
With trust comes truth.
There's something I haven't told anyone yet...
You're not alone in this.
Small moments build resilience.
Attunement unlocks stories.

Arboleda Therapy

We support attorneys and their clients by offering:

- **Psychological evaluations for immigration cases (U Visa, Asylum, VAWA, extreme hardship waivers)**
  Objective, evidence-based reports grounded in trauma aworeness
- **Training and consultation in trauma-informed legal practices**
  Helping legal teams recognize trauma and support client well-being.

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