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## Improving Interventions for Individuals with Trauma

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## **Improving Interventions for Individuals with Trauma**

My interests in psychology pertain to technological innovations to psychological interventions and improving interventions for people with trauma histories, such as those with posttraumatic stress disorder (PTSD) and complex-PTSD (CPTSD). CPTSD is a newer diagnosis that addresses repeated or prolonged traumatic exposure throughout one's lifetime. My current research focuses on virtual reality (VR) and neurofeedback applications to meditation to determine if these factors improve mindfulness and decrease distractibility. I intend on researching other intervention types, beginning with cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT) in VR to have a toolbox of interventions at my side ready to be catered to individuals seeking treatment. As I am interested in improving treatment for individuals who have experienced trauma, all of the interventions I implement and research will have a trauma-informed approach, meaning acknowledging the presence of trauma and allowing safety, trust, transparency, individual choices and empowerment.