



Let's face it. Life has its ups and downs. Unfortunately, for some of us, those 'downs' may mean chronic stress from lingering experiences or traumas that interfere with our sense of peace and happiness. The impact is evident. It may be temporary, occasional, or consistent, subtle, or extreme. Perhaps you avoid driving at night or experience occasional bouts of long-term sadness. Distress like this consumes our energy. Energy that could be far better spent on things that bring joy!<sup>1</sup>

*The **Finding Joy - Trauma Treatment Technique™ (FJ-TTT)** is an innovative, cost-effective, therapeutic technique designed for individual administration by certified therapists. It is a guided process with an interactive component that uses the wisdom of the client's experience to facilitate deep and lasting healing. It is designed to connect with each client's wholeness - the part of them that is perfect.*

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<sup>1</sup> Thanks to [Lauraine Laudel](#) for creating this overview.

The goal of **FJ-TTT** is to help each person feel calm and peaceful, by addressing unresolved feelings from past events, present concerns, or even future worries. Applied evaluative research during the last 15 years has been conducted to assess the effectiveness of this technique. It has been used on more than 200 clients to resolve many types of conditions. This includes relief from PTSD (posttraumatic stress disorder), depression, anxiety, relationship challenges, bullying, hurt, grief, and even long-held grudges! Typically, relief comes within a few sessions and is lasting. **FJ-TTT** empowers the individual to regain, enhance, and maintain their sense of well-being, joy, and peace.

#### Advantages of **FJ-TTT**:

- **Effective!** One client compared it to a 'laser beam' in terms of how quickly her longstanding trauma was resolved. Others have said it is like taking a plane rather than a bus to a destination.
- **Cost-effective!** After completing a few sessions, clients will be familiar with the protocol, and can practice it on themselves. No need for lengthy treatment.
- **Calm and Peaceful!** This is not traditional 'talk therapy'. Clients do not need to revisit experiences in detail; therefore, the risk of 're-traumatizing' is reduced.
- **Convenient!** It can be delivered to clients in person or virtually.
- **Empowering!** Clients will have an effective tool with which to manage their life stresses whenever the need arises.
- **Simple to learn and easy to do!** Nothing is required of clients other than to be present and relaxed.

#### **To Get Training as a Practitioner or To Get Help as a client**

Please see our website (<https://findingjoy-ttt.com/>) for further information.

If you are a mental health professional with a graduate degree and you are interested in learning how to deliver this powerful technique to your clients, find out what is involved in Certification Training and Contact Us if you wish to proceed.

If you are someone with personal concerns, go to the website and click on the Get Help button and select the Certified FJ-TTT practitioner of your choice.