



Client Experiences

"After the third session I felt like my whole body was walking on air. The old illnesses, anxiety, worry, old unhelpful thoughts, have dissipated. Each day is a new revelation in how much TRTP has affected my life. Dealing with life on life's terms is now simply less complicated and I face the bumps in the road with more ease. Counselling, Psychiatrists and Psychologists are part of my story. What has been achieved in such a short time since TRTP, has not been achieved in over 20 years." **Fiona** Client 2018

"Working with Carole was one of the most gentle but powerful experiences I've had. I didn't have to relive my story, but through TRTP I was able to integrate the past in a way that was empowering yet easy. I now have a confidence and centeredness that I didn't have before, and it's lasted! TRTP made real change for me where other modalities had not." **Elvira** Client 2018

"TRTP is a very powerful and effective method and has been a very positive experience for me. I am happier and more productive - already achieving key work and life goals and interacting with others with joy and ease." **Bronwen** Client 2019

"People around you don't understand your life's journey. They don't need to. It's not for them. It's your journey..."

Carole Young & Assoc Pty Ltd

ABN: 75 070 491 146

Carole has been a pioneering physiotherapist for over thirty years. She has an enormous breadth and depth of understanding of the holistic nature of body/mind injury and recovery. She works across Australia and specialises in treating Trauma, PTSD and Chronic Pain.

Contact Us

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Carole Young

Trauma, PTSD and
Chronic Pain Therapist

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Trauma Counsellor
Certified Clinical Trauma Professional*



The Richards Trauma Process (TRTP)

Developed by Judith Richards, TRTP™ does not merely address the symptoms of trauma. It deals with the underlying causes of the problem, removing the emotional charge from the past, returning the person to a state of empowerment, and restoring the sympathetic nervous system to calm. TRTP™ is an elegantly simple and comprehensive step-by-step process which resolves extreme trauma and trauma-related issues: anxiety, depression, fears and phobias. It achieves results quickly, effectively and safely – generally in three sessions.

Associative Awareness Technique (AAT)

AAT™ is a treatment designed to heal trauma and resultant chronic pain conditions. It works by flooding the nervous system with input (via gentle hands on techniques) to confuse and ‘reset’ the central nervous system down to a calm state. This releases chronic pain. It is profoundly effective for nervous systems unconsciously attuned to ‘danger’.

What I Do

I combine my years of clinical physiotherapy experience with the latest pain and trauma research and techniques.

Chronic pain and trauma are often interconnected, and both need to be addressed to get resolution. Chronic conditions begin and end in the brain. They are not caused by the body. The techniques I use involve both hands on approaches, comprehensive education about the real nature of pain and trauma and TRTP. This is a dynamic, rich and sequenced series of steps, which, if separated would not be anywhere near as powerful. It is unique. It allows space for each individual’s needs to be met.

Hypnosis is often used in order to deal with trauma where it is stored – in the subconscious and in the body. (Levine, van der Kolk, Rothschild, Ogden).

“While some people are able to recover from trauma on their own, many are not. The inability to rebound from such events could subject us to PTSD along with a myriad of physical and emotional symptoms.”

‘In an Unspoken Voice, How the Body Releases Trauma and Restores Goodness’ (2010). Peter Levine, PhD

“Stress arising from trauma is affecting millions of Australians. A national conversation is required to consider how we can better manage this problem.” Trauma-related Stress in Australia - Australia 21 Institute (2017)

About Carole Young

Trained as a Physiotherapist, Carole has worked for the past 30 years on workers compensation and CTP return-to-work programs. She saw an urgent need for faster and more effective treatments for chronic pain, depression, stress and PTSD.

New approaches, based on brain neuroplasticity research, now offer very effective treatment protocols for pain and trauma management. Carole is trained and experienced in the latest techniques including TRTP (The Richards Trauma Process) and AAT (Associative Awareness Technique). Carole is a certified Clinical Trauma Professional (PESI).