



Client Experiences

"After the third session I felt like my whole body was walking on air. The energy within me flowed with more ease. The old illnesses, anxiety, worry and 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. I face the bumps in the road with more ease now. Counselling, Psychiatrists and Psychologists are part of my story. What has been achieved in such a short time since TRTP, had not been achieved by me 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

"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 is the founding director and has been a pioneering physiotherapist for over thirty years. She has 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 Specialist

*Physiotherapist
(AHPRA registered) and
Trauma Counsellor (TRTP & AAT)*



About Carole Young

Trained as a Physiotherapist, Carole works collaboratively with workers, employers and insurance companies on employee workers compensation and CTP return to work programs. Over the 30 years of this work, Carole has realised there is an urgent need for faster and more effective treatments for chronic pain, depression, stress and PTSD.

Carole believes new approaches, based on recent brain neuroplasticity research now offer excellent treatment protocols for pain and trauma management. Practical approaches by leading physiotherapists such as Prof Lorimer Moseley and David Butler (Neuro Orthopaedic Institute) excite Carole and she is delighted to be working in this area.



The Richards Trauma Process (TRTP)

TRTP™ does not merely address the symptoms of trauma. It deals with the underlying cause of the problem, removing the emotional charge from the past and returning the person to a state of empowerment, returning the sympathetic nervous system to calm.

TRTP™ is an elegantly simple, yet 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 approach specifically designed around the neuroscience of trauma and resultant chronic conditions. It works by creating new positive sensory and cognitive awareness. This restores homeostasis to the Central Nervous System, which in turn reduces or eliminates many Autonomically driven physical conditions.

What Approach?

Carole's professional interest is to treat the 'tough' cases, where people have tried everything over many years and yet still have chronic pain.

Chronic pain and trauma are so often connected, and both need to be addressed to get resolution. Chronic conditions begin and end in the brain. They are not caused by the body. My techniques involve both hands on approaches, education about the real nature of pain and a combination of psychotherapy techniques to release trauma.

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

“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.”

Peter Levine (PhD Medical Biophysics & Psychology) *“In an Unspoken Voice, How the Body Releases Trauma and Restores Goodness”* 2010.