

The Flash Technique

A different way to approach difficult memories — without spending the session describing them in detail

When the past still feels close

Difficult experiences can continue to affect how we feel, think and respond long after they have happened. Memories may bring distress, anxiety or a sense of being pulled back into what happened. For some people, talking about an experience in detail can feel daunting or overwhelming.

How does the Flash Technique work?

The Flash Technique is a trauma-focused approach that keeps the main focus on a positive, calming or engaging experience while allowing only brief, carefully managed contact with a selected distressing memory.

Rather than spending the session describing the whole experience, you are supported to focus on something that feels pleasant or absorbing. The process is structured and collaborative, and your therapist checks how you are responding throughout.

What might people value about this approach?

- You are not expected to describe the whole memory in detail.
- Much of the process centres on a positive or engaging focus.
- It may be considered when directly focusing on a difficult memory feels challenging, if it is clinically appropriate.
- It can be one option within a wider, individualised plan of trauma-informed therapy.

Is it right for me?

There is no single approach that suits everyone. We can discuss what you are experiencing, your goals, preferences and readiness before deciding whether the Flash Technique may be appropriate. At times, it may be helpful to begin by building stability, coping strategies and a sense of safety.

Your pace and choice matter. You can ask questions, raise concerns, pause or stop. If the approach does not feel suitable, we can consider other therapeutic options together.

What results can I expect?

People respond differently. Some may notice a change in how distressing a memory feels, while others may need a different approach or further therapeutic work. Results cannot be guaranteed, and no particular outcome can be promised. The evidence base for the Flash Technique is still developing, so it is best understood as one possible option within carefully considered, trauma-informed care.

Thinking about taking the next step?

If you would like to explore whether the Flash Technique could be suitable for you, you are welcome to get in touch. We can talk about your needs and consider the options together, without any pressure to proceed.