



HIGH FOCUS CENTERS

TRAUMA-ENHANCED IOP

Stage 1 Trauma Stabilization Curriculum

After experiencing a traumatic event, many individuals need to rebuild their foundation so they can begin to heal. The **Trauma-Enhanced IOP** quickly addresses mental health symptoms, reconnects mind and body, and sets the stage for a path to recovery by utilizing Seeking Safety and our “Understanding Trauma” curriculum.

Core Elements

- ✓ Managing Responses to Triggers
- ✓ Creating Safety
- ✓ Boundary Setting
- ✓ Impact of Trauma on Neurochemistry

Level 1 offers trauma-specific educational and coping skills training in a closed group format within a broader mental health IOP. Patients in this track will attend these trauma-only groups multiple times per week.

Included Services

- ✓ Group Therapy
- ✓ Individual Sessions
- ✓ Family Sessions
- ✓ Psychiatry Services

Level 2 includes a higher intensity trauma-specific curriculum which provides education and coping skills to manage symptoms as well as a closed process therapy group for trauma patients only.

Admissions

Monday - Friday, 7:00 am to 11:00 pm
Saturday - Sunday, 9:00 am to 5:00 pm

In-network with most commercial insurances



1-800-877-3628



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highfocuscenters.com

8 Locations in NJ & CT