

# THE **TRAUMA** INTENSIVE OUTPATIENT PROGRAM AT HIGH FOCUS CENTERS

## **Comprehensive and Compassionate Care for Trauma Survivors**

The Trauma Intensive Outpatient Program (IOP) treats adults who have experienced a recent traumatic event, as well as those whose past history of trauma contributes to ongoing psychiatric symptoms. Trauma survivors can exhibit a variety of symptoms, including depression, anxiety, flashbacks, avoidance behavior, sleep disturbance and/or nightmares, disrupted eating patterns, abuse of substances, intrusive thoughts or images, and disrupted interpersonal relationships.

Structured as an IOP, the Trauma Program at High Focus Centers provides a level of care that is higher than traditional outpatient services. As such, it is appropriate for patients whose symptoms are of sufficient severity to cause significant impairment in the activities of daily living, including work/school, family, and social functioning. The Trauma Program is meant to complement longer term individual or group outpatient therapy for trauma survivors, either as an initial treatment experience, or as an alternative to traditional outpatient therapy during a period of heightened symptoms.

## **What Makes this Program Unique?**

High Focus Centers has combined its extensive experience in psychiatric IOP treatment with evidence based approaches such as Dialectical Behavior Therapy and the work of local and national trauma experts. Patients in the Trauma IOP are given the education and skill set necessary to effectively process past, present, and future challenges and deal with them in a more productive manner.

### **Patients attend 3 days per week and participate in 3 group sessions per day:**

- Understanding Trauma and Safety
- Process Group
- Core Skills Teaching

### **Core Skills Categories:**

- Self Care
- Distress Tolerance
- Emotional Regulation
- Improving Interpersonal Effectiveness

### **Mindfulness and Relaxation Exercises begin and end each treatment day**

### **Weekly Individual and/or Family Session with Primary Therapist**

### **Weekly Session with Psychiatrist**

## **How Do I Make an Appointment?**

To schedule an initial appointment, or for additional information, call the High Focus Centers intake center at 800-877-FOCUS (3628).

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**HIGH FOCUS CAN HELP. CALL 800-877-FOCUS.**

