



We are pleased that you have made the decision to participate in the Trauma Recovery Institute's Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP). Our PHP and IOP are dedicated to the treatment of survivors of psychological trauma who have a trauma-related disorders and/or a history of extensive comorbidity. Comorbidity is defined as multiple symptoms and diagnoses.

This packet of information is designed to provide you with an introduction to the Program. It describes the structure and rules of the Program, and outlines some of the basic goals and principles of treatment

We are striving for excellence in our Program. We hope that you have a rewarding treatment experience and that we help you meet your therapeutic potential.

THE TRAUMA RECOVERY INSTITUTE PARTIAL HOSPITALIZATION PROGRAM

An Overview

The Trauma Recovery Institute has created a Partial Hospitalization Program (PHP) designed to provide quality treatment for individuals with trauma and extensive comorbidity. Comorbidity is defined as multiple symptoms and diagnoses. The treatment team members work collaboratively emphasizing acute stabilization, symptom reduction and improved functioning.

The PHP was founded by Colin A. Ross, M.D. It is based on Dr. Ross' *Trauma Model Therapy*. This model emphasizes the effects of trauma as multiple symptoms expressed by multiple diagnoses. The unresolved trauma and the resulting attachment conflicts are the common themes throughout these various diagnoses.

Program Philosophy and Treatment

The Trauma Recovery Institute PHP focuses on the effects of trauma and unresolved attachment conflicts. The treatment goal is to help individuals improve their adult functioning by helping them to stabilize and to continue their recovery with new tools learned in the hospital setting. This goal is

reached by utilizing the structure and processes of Trauma Model Therapy within cognitive-behavioral, experiential, and didactic therapies.

Human personality is not a unity, but instead is composed of different elements or ego states that jointly shape individual thought and behavior. In normal human development, experiences are assimilated and integrated as the building blocks of personality. Severe, chronic, unresolved trauma and attachment conflicts interrupt this process. As a result, the mind develops an unhealthy fragmentation of self, thought, feeling, memory and perception.

Cognitive therapies allow patients to identify conflicts and unlearn cognitive distortions related to attachment conflicts, trauma and identity. Experiential modalities foster the development of self-awareness and trauma processing on a visceral level with an emphasis on affect regulation. Didactic therapies emphasize the importance of education about the effects of trauma, including comorbidity. The Program's emphasis is not diagnosis-specific, but instead focuses on the symptoms treated, which commonly include depression, anxiety, dissociation, attachment conflicts and addictions.

Symptoms Treated

Research findings indicate that trauma and unresolved attachment affect normal human development and functioning, resulting in a broad range of symptoms. These maladaptive symptoms are the program admission criteria. They include the following: suicidal ideation, homicidal ideation, self destructive and addictive behaviors, and inability to function as manifested by regressed, chaotic, and disorganized behavior.

Disorders Treated

The Trauma Recovery Institute treats all disorders related to unresolved trauma and attachment issues. These include, but are not limited to:

- Borderline Personality Disorder (BPD)
- Post-traumatic Stress Disorder (PTSD) and
- Complex Post-traumatic Stress Disorder (C-PTSD)
- Acute Stress Disorder
- Depression
- Panic Disorder
- Substance Use Disorders
- Somatic Symptom Disorders
- Dissociative Disorders
- Obsessive Compulsive Disorder (OCD)
- Eating Disorders

Validity of Memories

Current research indicates that memory recall is not always reliable. Fortunately, healing does not take place at the level of memories or their retrieval. Rather, healing occurs at the level of processing and integrating feelings, thoughts, and perceptions and re-framing cognitive distortions. Therapeutic neutrality is essential for processing unresolved issues of any kind.

Treatment Team

Each team member brings clinical expertise to the Program. Under the direction of Dr. Ross, the team holds regular meetings to address the needs of each patient. Referring therapists and psychiatrists are an integral part of the treatment team. *The Trauma Recovery Institute* Team works closely with referral sources to ensure continuity of care and to formulate efficient treatment recommendations.

Commitment To Education

The Trauma Recovery Institute continues to engage in significant teaching and education on the understanding and treatment of trauma and comorbidity. For more information on Dr. Ross' publications, please see his website at www.rossinst.com.

You should report any sexual, verbal or physical abuse, or threats of abuse, perceived or real from patients or staff to a staff member.

Evidence-Based Treatment

The treatment provided at *The Trauma Recovery Institute* is validated by a series of treatment outcome studies published by Dr. Ross. These are available at www.traumarecoveryinst.com.