



We are pleased that you have made the decision to participate in the Trauma Recovery Institute's Partial Hospitalization Program (PHP). Our PHP is dedicated to the treatment of survivors of psychological trauma who have a trauma-related disorder 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.

Colin A. Ross, M.D.
Founder

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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.