



**Ross Memorial Hospital**

**Mental Health Program**

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# Mental Health Out-Patient Programs

## Psychological Trauma Treatment

Based in Research, Best Practice and Compassion

### ELIGIBILITY

Adults 18 years of age and older with a history of adverse childhood experiences (as identified in the Ace Study) including:

- Childhood Abuse:
- sexual abuse
- physical abuse
- verbal/emotional abuse
- emotional and/or physical neglect
- parental marital discord (as evidenced by separation or divorce)
- Growing up in a dysfunctional household:
- witnessing domestic violence
- alcohol or other substance abuse in the home
- mentally ill or suicidal household members
- crime in the home

### SYMPTOMS MAY INCLUDE:

- migraine headaches
- body image and weight issues
- irritable bowel
- anxiety and panic attacks
- chronic depression
- unstable employment
- self injury, suicidal ideation/attempts
- substance abuse and other addictive behaviours
- chronic relational problems including domestic violence, serial relationships, frequent revictimization
- body aches and pains ranging from general malaise to fibromyalgia and arthritis
- difficulty swallowing
- menstrual pain/dysfunction
- sexual issues
- difficulty modulating emotions
- personality disorders
- ongoing housing issues

## **TREATMENT MODEL**

Treatment is built on Hermann's 3 stage trauma treatment model:

1. Safety and Stabilization
2. Remembering and Mourning
3. Reconnection

## **SERVICES AVAILABLE**

- Inpatient Unit
- Psychiatry
- Crisis Support
- Case Management
- Individual Therapy
- Day Program

## **TRAUMA TREATMENT GROUPS**

Group sessions run for 7 weeks. Attendees are asked to make a commitment to attend regularly. Missing 2 groups in a row or any 3 groups of a session will eliminate that individual from the session and an interview will be required to determine commitment for future sessions.

### **Stage 1: Safety and Stabilization**

At this stage of treatment, group members are not allowed to share details of past traumas. Individuals are expected to have or, at minimum be on a waiting list, for an individual therapist. Our recommendation is that they be seen at least every 2 weeks. We also recommend that links to other support agencies such as CMHA and Forecast be maintained throughout the treatment process.

#### **Introduction to Trauma**

This is a psychoeducational group focused on providing information about profound effects of trauma, trauma treatment, triggers and flashbacks. Grounding and containment skills are introduced. As many individuals struggle in group settings and thus have difficulty paying attention and concentrating the first session, this group may be repeated as needed.

#### **Trauma Skills**

This group is a continuation of Introduction to Trauma. Focuses on building safety and containment skills as well as education on a number of related issues such as grief, forgiveness and self-sabotage.

This group may be repeated as well.

### **Stage 2: Remembering and Mourning**

At this stage of treatment, group members are expected to have established and utilized grounding and containment skills. Discussion of past trauma is permitted.

#### **Trauma Process**

This is a facilitated process group with a maximum of 10 members. Because of the limited numbers and the nature of the group, not everyone will be able to attend this group. The focus is on in-depth discussion and processing of trauma related issues.

***“People come into therapy in order to alleviate their suffering and because they are halted by feelings and images of terrible things that have happened to them and they’d like to go on with their lives. So the task of therapy is to help people put things in perspective, to bear it, to acknowledge what has been going on and to find a way of living with newly gained knowledge and make a life for themselves so they don’t stay stuck in the past.” Bessel van der Kolk, MD***

### **Stage 3: Reconnection**

At this point, group members have worked through many of their issues so that trauma is no longer the driving force in their lives and they are more outwardly focused.

### **Trauma Peer Support**

This is a non-facilitated group with a maximum of 10 members. Generally, these are individuals who have been through the Trauma Process Group. Group members continue to work through issues using skills developed in the Process Group and provide support and encouragement to each other. Social networking is encouraged.

## **REFERRALS**

Any City of Kawartha Lakes resident at least 18 years of age may complete a referral form. Once a referral has been received, you will be contacted for an intake assessment to determine if our program will suit your needs. People who require either inpatient admission or alternate community care will be directed accordingly.

### **Referrals can be made by:**

- Calling Kathleen Hayes at (705) 328-6064
- Referral Forms can be obtained by coming in to the Mental Health Day Program area (Mon – Fri 7:30am – 3:30pm), at your doctors office, by fax or mail.
- Through a physician, counsellor, or another agency

***“Trauma is about wishing you didn’t know what you know.***

***Healing is about coming to terms with what you know.”***

## **REFERENCES**

<http://www.cestudy.org>

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Levine, Peter (2008). Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body. Sounds True USA. ISBN-13:978-1591796589

van der Kolk, B.A., Rothe, S., Pelcovitz, D., Sunday, S., & Spinazzola, J. (2005). Disorders of extreme stress: The empirical foundation of a complex adaptation to trauma. Journal of Traumatic Stress, 18, 389-39