

Trauma Program Therapies

At Sunshine Coast Health Centre, our treatment goal is to move clients beyond merely attaining a measure of physical and emotional stability, and toward transformational change. Our therapy program prepares clients and their families for a deeper, more meaningful life.

Research has shown that concurrent trauma and addiction requires an integrated approach to treatment. Our program reflects the latest in evidence-based care where the focus is on the whole person rather than just the ‘trauma’ or ‘addiction’. Our program combines the best practices of addiction medicine and psychiatry, cognitive-behavioural coping skills, and narrative therapies, with a special focus on a humanistic- existential approach.

Sunshine Coast Health Centre is an approved provider with Canadian Forces, Veterans Affairs Canada, and the Royal Canadian Mounted Police. Besides military and occupational trauma, the trauma program is also open to clients suffering from a past episode(s) of violence, sudden loss, or childhood abuse.

1. DEFENSIVE COPING SKILLS (AFFECT SELF-REGULATION)

The goal of defensive coping skills is to help clients develop affect self-regulation. When anxiety increases, they can simply use these skills to self-sooth. Defensive coping skills are provided in both group and individual sessions. Group sessions generally involve grounding and breathing exercises, guided imagery, and information on sleep hygiene. Individual sessions tend to focus on hypnotherapy and neurofeedback.

2. EXISTENTIAL COPING SKILLS

A second program focus is to help clients gain awareness of their authentic values and pursue personal goals. Research has shown that affect self-regulation (defensive coping skills) is not sufficient to achieve contentment. Clients must also recognize that they, like everyone, have desires to fulfill. Human beings cannot live simply by what they do not want (e.g., negative emotions). They must live by what they do want (meaningful lives).

Existential coping skills help our clients gain awareness of themselves, their world, and how they fit in that world. This group looks at clients’ experiences of post-trauma life and how they have affected self-definition and relatedness. Although past experiences may arise naturally in the group, the focus of the group is on how clients are experiencing their present world. As well as deconstructing current experiences, therapy helps clients construct new ways of coping and making sense of their experiences.

Ideally, existential coping skills also include acceptance, humility, and forgiveness. Understanding who he is, what the world is like, and practicing acceptance and forgiveness gives the client the best chance to work through struggles and grow from them.

The goal of developing existential coping skills is to help the client make sense of his life in a way that is more responsive to reality and to his values.

3. PSYCHIATRIC ASSESSMENT AND TREATMENT

Refer to the ‘Enhanced psychiatric services’ section of this brochure.

4. COMPLEMENTARY TRAUMA THERAPIES

We offer a variety of complementary therapies for trauma as part of a comprehensive mental health program provided in conjunction with addiction therapy.

Eye Movement Desensitization & Reprocessing (EMDR)

EMDR is a therapy that was developed by Dr. Francine Shapiro in 1989. The desensitization and reprocessing in EMDR refer to the removal of emotional disturbances associated with the traumatic memory and replacement of unhealthy negative cognitions/beliefs related to the traumatic event with more positive and healthy cognitions/beliefs.

Neurofeedback

Neurofeedback measures brain activity as a way of informing clients on the state of their brain functioning. This instantaneous feedback teaches clients to adjust their thinking patterns based on whether the feedback is within a designated range. These changes in thinking patterns are associated with positive changes in physical, emotional, and cognitive states.

Hypnotherapy and Active Meditation

We use hypnotherapy to help clients develop affect self-regulation techniques. Hypnotherapy has been extensively used with our clients, particularly during evenings and weekends when they tend to experience heightened anxiety. Our hypnotherapist Tatiana Tsarouk, PhD, has over 15 years of hypnotherapy experience and formal training.

Ozone Therapy

Ozone Therapy is a process that introduces ozone to the human body. Ozone is O3, whereas the oxygen we breathe is O2. Proponents of ozone therapy claim beneficial effects such as improved oxygen delivery, blood circulation, and immunity.

We offer ozone therapy to clients to help speed up the detoxification process and relax muscles prior to massage therapy sessions. Clients with addictions to opiates (such as heroin and prescription pain killers) find particular relief in ozone therapy.

Laser Therapy

Laser Therapy is a safe, non-invasive, FDA-cleared modality used for treating pain and inflammation while also temporarily increasing microcirculation. Increased microcirculation can provide relief for many acute and chronic conditions.

Laser Therapy is an important service component at SCHC that allows clients to explore alternative methods of pain management. Laser Therapy is often used in combination with other pain management at SCHC such as therapeutic massage, fitness therapy, yoga, and prescription medication.

Therapeutic Massage

Registered massage therapy (or therapeutic massage) is the manual manipulation of soft tissues (muscle, connective tissue, tendon, and ligaments) in the body to enhance a person’s physical health. It includes a variety of techniques and modalities designed to relax muscles and help with acute or chronic injuries in our clients. It also reduces stress, both emotional and physical, and is suggested as part of a regular program for stress management.

Get more information about Sunshine Coast Health Centre:



Corporate Brochure: An Overview of Residential Addiction & Mental Health Treatment Services

Clinical Brochure: A Review of Therapies and Clinical Services

Post-Treatment Services: An Overview of Tools and Support for Clients Following Treatment

Family Services Brochure: An Overview of Tools and Support for Families

For general information about addiction in your community:

Drugs of Abuse: An Identification Guide

Family Intervention: Getting Help for a Loved One Who Won’t Stop Using Drugs or Alcohol

You Are the Key: 10 Steps for Employers to a Drug-free Workplace



Sunshine Coast Health Centre

Residential Addiction & Mental Health Treatment Services



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Sunshine Coast Health Centre is licensed by the British Columbia Ministry of Health

Sunshine Coast Health Centre is an approved provider with the Blue Cross Federal Program

Sunshine Coast Health Centre is an accredited health care provider with Accreditation Canada

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Highly Personalized Addiction Treatment

Trauma Program

Take Control



Get Connected



Find Your Purpose



Heal And Grow



A Non-12 Step Program Since 2008

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Canada’s First Women-Only Residential Trauma Program – Coming Fall 2019

Program Highlights

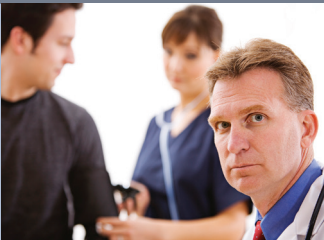
An Integrated Approach to Treatment



Our team of medical and clinical professionals works together to provide a seamless integration of addiction and mental health services.

All therapists have at least a master's degree in counselling and are trained in various modalities of trauma work, particularly trauma integration techniques and cognitive-behavioural therapy for concurrent trauma and addictions.

More Than Just Detox



Medical detoxification is just the start of the medical services we offer.

Our 24/7 supervised medical unit provides ongoing monitoring of medications and medical conditions that often accompany drug and alcohol problems such as dehydration, malnutrition, high blood pressure, and diabetes. Many clients report being surprised at the amount of time our doctors spend getting to know them and their situation. See our **Detox Services** brochure for more information.

Help for Families



We offer cutting-edge programming to help prepare families and couples for a life after treatment.

We believe that involving the family in the recovery process is critical. That is why we offer **complimentary** participation in our regularly scheduled family & couples programs, including a special trauma session. In addition, clinical staff provides ongoing support for family members while their loved one is in treatment—even after they return home.

An Active Lifestyle is Key



Getting fit and being active is a great way to start recovery. We are committed to having clients adopt a healthy lifestyle—a key component to success.

We provide clients with access to onsite fitness and recreation services, as well as scheduled outings to local leisure areas. By working with our kinesiologist, clients can begin to develop the skills necessary to make health and wellness part of their lifestyle after they return home.

An Ideal Place to Recover



Private, modern, tranquil, spectacular. It's all here at Sunshine Coast Health Centre.

'So close and yet so far' is an apt description of our treatment setting where clients are close to the many amenities and services of Powell River, yet far enough from the hustle and bustle of big city life. Situated on seven rural acres of oceanfront property, our campus is the ideal setting for those embarking on their journey to recovery.

Enhanced Psychiatric Services



Expertise in assessment and psychotropic drug therapy are critical in concurrent treatment.

Trauma program clients participate in an initial psychiatric assessment, consisting of a client history, mental state examination, impressions and recommendations. As part of our psychiatric services, clients receive ongoing psychiatric care, including medication monitoring by nursing staff.

Trauma Program Overview

Our trauma program is available to all clients who are struggling with interpersonal and/or work-related stress. We help clients (1) learn to self-regulate in order to deal with dissociation, anxiety, depression, anger, and other symptoms of trauma and (2) pursue a fulfilling life, in spite of suffering.

Although there is a Cognitive Processing Therapy (CPT) component in our trauma program, therapies that focus on the trauma experience are kept to a minimum. Although clients inevitably bring up their trauma experiences, therapists do not focus on these experiences. While it is, of course, therapeutically necessary to validate these experiences, our focus is on helping clients pursue a more fulfilling life while suffering from trauma symptoms.

How We Define Trauma

Trauma arises when an individual's way of making sense of self and the world is confronted with experiences that are incompatible with their worldview. This incompatibility is so extreme that an individual cannot integrate the traumatic experience(s) into how he makes sense of himself and the world. Intrusive thoughts, avoidance, and hyper vigilance are considered the most common trauma symptoms.

Our definition of trauma does not deny any effect on the cortical or limbic brain pathways. It also does not deny any changes in a client's endocrinology or any neurobiological or psychosocial predisposing factors. What our definition emphasizes is, however, that trauma cannot be reduced solely to neurobiology, maladaptive

learned behavior, or environmental conditioning. Rather, we see that trauma also has its effect at the level of fundamental motivations, which includes self-concept and identity, relationships, personal meaning, and purpose.

What our definition also suggests is that treatment focusing on symptom reduction is less effective than treatment that combines symptom reduction with helping clients pursue personally meaningful lives.

Overall Aim of the Trauma Program

The overall aim of our trauma program is to help clients begin the process of integrating traumatic experience(s) into how they make sense of themselves and the world. To achieve positive results, this new way of making sense of things must be responsive to reality and to the client's values.

How our Trauma and Addiction Programs Work Together

It is important to recognize that the trauma program at SCHC is part of the primary addiction program of meaning therapy. It is not intended as a stand-alone program, but, rather, an adjunct to the addiction program. Our addiction program is based on the proposition that addiction is a response to living a life that lacks personal meaning. Because of this proposal, the addiction program is designed to help clients take control of their lives, recognize their limitations, learn to live comfortably in the grey areas of life, and act congruently with values. Both the addiction program and the trauma program share key themes. Please note that a diagnosis of addiction is not required as admission criteria for enrollment in the trauma program.

