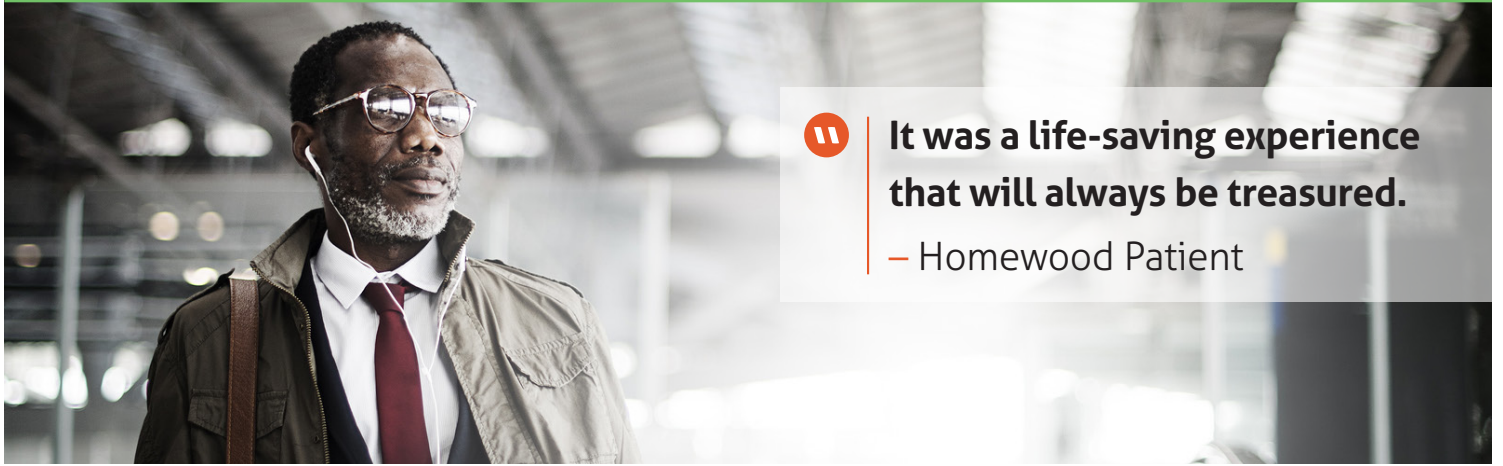


# Trauma Care



“ It was a life-saving experience that will always be treasured. – Homewood Patient

Fast access to expert mental health services with specialized psychological intervention is the key to traumatic stress recovery.

## Expert Clinical Care

Homewood Health’s unique Trauma Care Program provides specialized treatment for individuals who are struggling with acute, or long-term, trauma symptoms.

Our unparalleled clinical team offers treatment and resiliency training for PTSD, mood, and anxiety disorders via our national network of highly qualified clinicians, and with inpatient programs at the Homewood Health Centre.

In partnership with the Homewood Research Institute, we provide treatment approaches that have been developed and validated for successful and sustained recovery.

## Specialty Treatment

Our unique program model uses industry best practices including, Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), resiliency training, innovations like Mindfulness and Metta Trauma Therapy, and an embedded work-focus within the CBT and DBT frameworks.

**Outpatient treatment** is designed for individuals who

remain on the job but are struggling with acute, or long-term, trauma symptoms. The program provides up to 20 hours of individual treatment.

**Inpatient treatment** begins with a week of assessment during which time a unique care plan is designed. The following weeks provide treatment via a multidisciplinary care team and a combination of group psychotherapy, educational sessions, and skills development programs.

Homewood’s Trauma Care Program includes treatment for concurrent addictions and provides aftercare support to maintain addiction recovery. Family programming is also available.

## Easy Access – No Referral and No Waiting

Call Homewood Health’s Client Services Centre to request Trauma Care services. Our expert clinicians are specially trained in evidence-based psychotherapy, PTSD, and mood and anxiety disorders, including bipolar disorder, and will conduct a screening during your call to ensure an appropriate fit for the program.

## Improving Life

Call us at 1.800.663.1142

Email us at [contact@homewoodhealth.com](mailto:contact@homewoodhealth.com)

[homewoodhealth.com](http://homewoodhealth.com)

