

Our Program

Trauma arises when an individual's way of making sense of themselves 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 they make sense of themselves and the world. Intrusive thoughts, avoidance, and hypervigilance are considered the most common trauma symptoms.

Our Trauma Program emphasizes that trauma cannot be reduced solely to neurobiology, maladaptive learned behaviour, or environmental conditioning. Rather, we see that traumatic experiences can affect our fundamental motivations such as self-concept and identity, relationships, personal meaning, and purpose.

Treatment that focuses on symptom reduction has been found to be less effective than treatment that combines both symptom reduction with helping clients pursue personally meaningful lives. For this reason, our trauma program includes intensive medical, psychiatric, and psychological care in both 1-1 appointments with counsellors and in groups. The therapies in our trauma program are designed to help you make sense of your suffering and pain, allowing you to move forward and pursue a meaningful life. These therapies are also designed to help build self regulation skills to deal with stress, anxiety, anger, depression, detachment, avoidance, isolation, and other symptoms of trauma.

Program Aim, Highlights, and Therapies

As an approved provider for Canadian Forces, Veterans Affairs Canada, RCMP, and WCB, we aim to use the trauma program to help first responders, military personnel, and veterans integrate their traumatic experiences 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 personal values. Our current trauma therapies include:

Psychiatric assessment and treatment

Medical assessments and treatment

Nursing assessments and care planning

More information on psychiatric, medical, and nursing assessments can be found in our Medical Services Brochure.

1-1 talk therapy

Eye Movement Desensitization and Reprocessing (EMDR)

Narrative Therapy

Cognitive Behavioural Coping Skills

Somatic Therapy

Trauma Yoga

Hypnotherapy

Dialectical Behaviour Therapy (DBT)

Repetitive Transcranial Magnetic Stimulation (rTMS)

Compassion Fatigue and Resilience techniques
(Dr. Eric. Gentry)



Therapies that focus on the trauma experience(s) are kept to a minimum. While clients inevitably bring up their trauma experiences, our therapists do not focus on these experiences. While it is therapeutically necessary to validate these experiences, our focus is on helping clients live a more fulfilling life while suffering from trauma symptoms.



PTSD Treatment and Addiction Programs that Work Together

Most treatment centres do not treat addiction issues and PTSD at the same time. Treating one issue while ignoring the other can cause real panic for clients, often leading to their leaving early from the program. Our clinical and medical teams have worked hard to make sure our addiction treatment program and the trauma program integrate seamlessly. This prevents clients from needing to make sense of conflicting information. For example, standard addiction programming that uses language like “defects of character” often causes overwhelming shame for a professional who used drugs and alcohol as a way to deal with the PTSD and trauma they developed on the job. We take care to ensure the language we use does not cause confusion and focuses on the whole person rather than just the ‘trauma’ or ‘addiction’.