

## Aurora Trauma-Focused Intensive Outpatient Program

Aurora Behavioral Health System's Outpatient Services offers a specialized group therapy program for those who have suffered a traumatic experience or an ongoing traumatic experience in their life and need help with the subsequent emotions and anxiety caused by the incident.

The group offers evidence-based treatment and education that will teach effective and efficient ways in which to help reduce the patient's symptoms that may be affecting their life and daily functioning. By learning new self-regulation skills, participants will develop positive health outcomes that will counteract trauma symptoms and lead to a better way of functioning on a daily basis.

The group does not utilize traditional "talk therapy," but is education and skill learning based. Therefore, participants will not have to relive the traumatic experience. Rather, patients will work on dealing with the emotions, feelings and stress that the experience has caused and how those consequences stemming from the event are hindering their daily life.



### Trauma-Focused Intensive Outpatient Curriculum

The group lasts eight weeks and covers the following topics:

#### Week 1: What is Trauma?

- How trauma is formed
- Common reactions to trauma
- Safety

#### Week 2: Trauma: Mind, Body, Spirit

- Human stress response (flight/fight/freeze)
- Understanding sympathetic and parasympathetic nervous system
- Trauma process

#### Week 3: Understanding Symptoms, Triggers, Diagnosis

- Post-traumatic stress and post-traumatic stress disorder
- Why do I feel the way I do? Traumatic responses/reactions
- Identify triggers

#### Week 4: Self-Regulation

- Deep breathing
- Grounding skills
- Progressive muscle relaxation

#### Week 5: Core Beliefs

- Self-defeating thoughts
- Identifying distortions
- Identifying strengths

#### Week 6: Trauma CBT/CPT

- Trigger hierarchy
- Hindsight bias
- ABC Model

#### Week 7: Healthy Relationships

- Family and trauma
- Trust and intimacy
- Boundaries

#### Week 8: Post-Trauma Growth

- Wellness wheel
- Community connections
- Trauma letter

While the curriculum has weekly topics, the program is open and patients can enter at any given time. The group meets three times/week for a three-hour session.

## Who Should Attend

Typically, our patients are individuals who have had a very stressful experience involving actual or threatened death, serious injury or some type of violence, and are suffering from emotional consequences. The event could be something that happened to the patient directly OR something the patient witnessed. It can even stem from something the patient learned happened to a family member or friend. Examples include a serious accident; fire; natural disaster such as a hurricane, tornado or earthquake; physical or sexual abuse; war; repeatedly exposed to death due to your job (e.g. first responder; nurse); homicide; or suicide. The group is open to adults 18 and older.



## Program Advantages

- Participants will learn new, valuable skill sets that will help them quickly get back into normal daily activities.
- With newly discovered self-regulation skills, patients will now be able to calmly handle their anxiety leading to a more peaceful, healthier existence.
- Participants regain the ability to trust.
- The program promotes health and well-being and allows patients to develop natural coping techniques in which the body helps heal itself.

## Program Schedule

Please note that **group schedules are subject to change** and additional times may be available.

Please call to verify the days and times.

### EAST

#### Afternoon Trauma-Focused Group

- Monday, Tuesday, Thursday
- 12:00 p.m. – 3:00 p.m.
- Coffee and snacks provided.

The program typically runs eight weeks. However, **the time frame can vary depending on the patient's unique treatment plan.**

### WEST

#### Afternoon Trauma-Focused Group

- Monday, Wednesday, Thursday
- 1:30 p.m. – 4:30 p.m.
- Coffee and snacks provided.

**Complimentary transportation provided for all of our Outpatient Services programs.**