



DreamLife

RECOVERY



What is the Trauma Program?

Dreamlife Recovery recognizes the correlation between addiction and trauma, including post-traumatic stress disorder (PTSD). Clients in the Dreamlife Recovery Trauma are offered an individualized treatment plan addressing each of the three types of trauma: acute, chronic, and complex. Our staff of professional experts are clinically trained to assess which types of trauma each individual client may have. Some specific examples of individual trauma are verbal and physical abuse, neglect, and more.

**TRAUMA THERAPY
PROGRAM**

HOW DOES THE TRAUMA THERAPY PROGRAM WORK?

Clients in the Trauma Program may be treated with specific pharmacotherapy when appropriate for managing disruptive symptoms of the trauma. This includes any medication treatment that will be appropriately identifies by the treatment team to treat any possible diagnosis such as Depressions, Anxiety, PTSD, and more. Additional treatment may include the following:

- **Grounding skills, anger management, boundaries, Self-Management and Recovery Training (SMART), and more.**
- **Research-supported strategies for enhancing and sustaining physiological self-regulation for trauma stabilization**
- **Yoga, mindfulness exercises, adventure therapy, equine therapy, meditation, reiki and much more.**
- **Eye movement desensitization and reprocessing**
- **Therapeutic Groups and individual sessions using evidence-based behavior therapies**
- **Cognitive behavioral therapy to address parenting, trauma, chronic pain, depression, relapse, grief, and loss, among others.**

Contact our team today to learn more about our trauma therapy program.

An Addiction Treatment Facility

For IMMEDIATE assistance contact Admissions
Toll-Free at **1-833-330-5433** or **Intake@dreamliferecovery.com**
www.dreamliferecovery.com