

SPECIALTY TRAUMA TRACK

Helping patients with PTSD and trauma-related symptoms get unstuck

Traumatic events are often emotionally overwhelming and debilitating, causing short-term or long-term symptoms. Individuals are often left with long-lasting, chronic symptoms and a diagnosis of post-traumatic stress disorder (PTSD).

The National Center for PTSD estimates that

7-8% of the population will have PTSD at some point in their lifetime.*

Pathlight Mood & Anxiety Center offers expert trauma treatment in our Residential and Partial Hospitalization Programs. This specialty track works to break down the impacts of trauma, helping patients understand the impacts of trauma, address trauma-related beliefs and rebuild their lives.

THE UNIQUE BENEFITS OF OUR TRAUMA TRACK



Cognitive Processing Therapy (CPT) as a foundational, first-line, evidence-based psychotherapy to treat the symptoms of PTSD in addition to **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**



A psychiatrist-led multidisciplinary team provides a comprehensive patient assessment to incorporate psychopharmacologic treatments and to identify co-occurring disorders. The team examines how trauma impacts other areas of patient functioning.



Trauma programming created with a foundation of **safety and consent** – essential components for long-term healing



Culturally informed programming including admissions, therapy interventions and groups to ensure the best environment for engagement, learning and recovery

*National Center for PTSD, 2020

Please contact us to make a referral or schedule a free assessment with a master's-level clinician.

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Most major commercial insurance accepted.



PROGRAMMING

2X WEEKLY

Adult: Individual treatment sessions (one CPT, one customized based on need)
Child/Adolescent: Individual treatment sessions (one TF-CBT, one customized based on need)
All Ages: Psychiatric visits to assess response to treatment and modify plan when needed

1X WEEKLY

Trauma specialty group to provide education on trauma symptoms and their impact
Emotion-Focused Family Therapy (EFFT) to educate loved ones and support systems on trauma-related symptoms, trauma-specific treatment approaches and tools to help in the moment

Between sessions, patients are supported by master's-level clinicians to complete trauma treatment assignments and manage associated symptoms that may arise.

PHASES OF APPROACH

Patients will experience an evidence-based, phased approach that helps them progress through treatment. Each phase occurs when patients are ready to take the next step.

- 1 Assess, Stabilize and Engage**
Focus: Help patients tolerate distress without becoming unsafe.
- 2 Educate on Symptom and Behavior Remission & Reduction**
Focus: Educate patients to increase their understanding and resilience as trauma-related symptoms arise.
- 3 Target Approach to Address Key Maintaining Factors**
Focus: Support patients in examining and challenging thoughts associated with trauma.
- 4 Identify Contributing Comorbidities**
Focus: Work to further identify and address additional factors needed for integration into skills building and independent functioning.

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