

# ELSPETH MCCONNELL MENTAL HEALTH AND WELLNESS CENTRE

## Trauma-Focused Therapy Program

The Trauma-Focused Therapy Program is a specialized psychotherapy program to help people overcome the impacts of childhood and adult trauma.

Through group and individual therapy, the program aims to enhance resilience and promote recovery from post-traumatic stress disorder and complex post-traumatic stress disorder, in order to allow people to reconnect with themselves and their communities.

## THERAPEUTIC MODALITIES

The program combines a variety of approaches to tailor treatment to clients' goals and needs:

- Sensorimotor Psychotherapy
- EMDR
- Mindfulness
- Cognitive Behavioral Therapy
- Cognitive Processing Therapy
- DBT-Based Therapy
- Psychoeducation
- Psychodynamic Psychotherapy
- Relational Therapy
- Mentalization-Based Therapy
- Creative Arts Therapy
- Yoga Therapy

“Since you had all the resources within you to survive, you have all the resources within you to heal.”

- Janina Fisher

## THE TEAM

- Psychiatrist
- Psychologists
- Social worker
- Multidisciplinary interns



A referral from a physician is necessary to access the program.

In order to be eligible for the program, you will have to attend an orientation session.

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*This program welcomes participants of all racial and cultural identities, nationalities, sexual orientations, gender identities, and religious backgrounds.*



Integrated Health  
and Social Services  
University Network  
for West-Central Montreal

Jewish General Hospital

Québec

An initiative of the Doggone & JGH Foundations