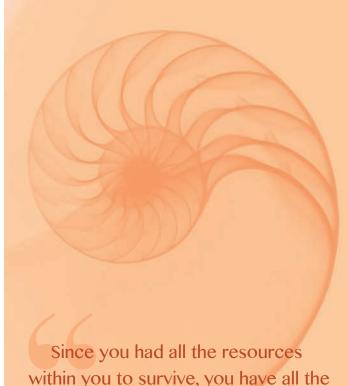
ELSPETH MCCONNELL MENTAL HEALTH AND WELLNESS CENTRE

Trauma-Focused Therapy Program



resources within you to heal.

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

THE TEAM

- Psychiatrist
- Psychologist
- 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.

Jewish General Hospital
3755 Côte Sainte-Catherine Road
Pavilion B, 6th floor
Montreal QC
514-340-8222, ext. 25633
elspethmcconnell.centre.ccomtl@ssss.gouv.qc.ca

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

