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

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.

**THE TEAM**

- Psychiatrist
- Psychologist
- Multidisciplinary interns

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