

### The service

The Trauma-Focused Therapy Program is a specialized psychotherapy service that aims to help patients overcome the impacts of childhood and adult trauma. It follows a stage-based, stepped-care model, using primarily group therapy. In order to safely engage in this type of therapy, patients need some degree of stability in their present lives.

All accepted patients will participate in an 8-week group focused on psychoeducation and skills development as a first step. They will then have an opportunity to determine future options collaboratively with the clinical team, which may include groups focusing on regulating fear in the body, healing sexually, improving relationships, artistic expression, goal-setting, and couples work. There will be an option for time-limited individual therapy for trauma processing (26 sessions), once stabilization skills are acquired.

As our service is exclusively psychotherapeutic, other aspects of patients' psychiatric or medical care will not be addressed during their treatment in this program.

### Objectives

1. Promote recovery from PTSD and complex PTSD symptoms
2. Enhance resilience and post-traumatic growth
3. Develop skills needed to manage PTSD symptoms
4. Effectively process traumatic memories
5. Improve interpersonal relationships
6. Foster reconnection with self and within the community

#### Referrals:

Email: [tft.ccomtl@ssss.gouv.qc.ca](mailto:tft.ccomtl@ssss.gouv.qc.ca)

Fax (internal): 28290

Fax (external): 514-340-8290

Telephone: 514-340-8222, ext. 25633

### Team

- One part-time psychiatrist
- One part-time psychologist
- Multidisciplinary interns: psychiatry residents, psychology interns, creative therapies, etc.

### Therapeutic Modalities

- Cognitive Behavioural Therapy
- Mindfulness
- Psychodynamic Therapy
- Psychoeducation
- Sensorimotor Therapy
- Creative Expression
- Relational Therapy
- Mentalization-Based Therapy
- Cognitive Processing Therapy
- DBT-Based Therapy
- EMDR

### Referral process

Patients will require a physician's referral to begin assessment for the program. Referring physicians can complete the referral form and an ACE questionnaire with the patient. As this program only provides specialized time-limited therapy, referring physicians will need to ensure ongoing follow-up with the patient.

In order to access the program, patients will need to attend an orientation session. If they do not attend this orientation, they will be removed from the waiting list, and will need to be re-referred.

Inclusion criteria	Exclusion criteria
<ul style="list-style-type: none"> <li>• History of trauma, childhood or adult               <ul style="list-style-type: none"> <li>◦ If childhood trauma, ACE <math>\geq 4</math></li> </ul> </li> <li>• Symptoms of PTSD or complex PTSD (difficulties with emotional regulation and interpersonal relations)</li> <li>• Motivation for psychotherapy</li> <li>• At least 16.5 years of age</li> <li>• Followed in our department</li> </ul>	<ul style="list-style-type: none"> <li>• Unstable housing</li> <li>• Recent psychiatric admission (within 3-6 months)</li> <li>• Active acute suicidality or homicidality</li> <li>• Severe unstable substance use disorder</li> <li>• Severe unstable eating disorder</li> <li>• Unstable medical condition</li> <li>• Current ongoing abusive relationships</li> </ul>