

Trauma Therapy Program Orientation Summary

Video Etiquette for Today's Meeting

- Please keep yourself on mute to avoid feedback noise.
 - Video or Audio recordings of this session are not permitted.
 - You can rename yourself on Zoom.
 - There will be a Question-and-Answer period at the end.
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Confidentiality

- We kindly ask that you respect each other's confidentiality.
 - Any information shared by others should not be shared outside of here.
 - The hospital is guided by the Personal Health Information Protection Act (PHIPA) and provincial child protection laws.
 - If a child is at risk or you are a risk to yourself or others, confidentiality may be breached in the interest of safety.
 - Other exceptions apply, which will be discussed in full in your Trauma Therapy Intake assessment.
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Today's Agenda and Purpose

- To provide you with an overview and other information about the Trauma Therapy Program.
 - To discuss services that we offer in the Trauma Therapy Program (TTP).
 - To review program guidelines and expectations.
 - To guide you in deciding if this is the right program and right time for you to engage in trauma therapy.
 - To answer any questions that you may have about the program.
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Mode of Care

- Most of our clinical services are being offered virtually (video visits) at this time however you will be asked to come in person for the first session of all groups.
- We are exploring options of resuming some in-person groups however the timeline for this is still undetermined. If there are in-person services available at the time of your booking, our administrative staff will inform you of this.

- You may change your mind any time about using video visits, and this would not affect your care or treatment. It will mean that you will be waiting on our waitlist until we begin to offer in-person services which at this time is undetermined.
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Virtual Care

Virtual Privacy and Confidentiality

Our virtual individual and groups sessions are closed and private. This means that they are only open to you and, in case of groups, to the group members as well as the facilitators from Women's College Hospital.

It is important that you understand that by consenting to a group video visit you are aware of the following:

- Videoconferencing may be used to communicate potentially sensitive personal health information.
 - Just like any other online technology, there is always a risk that security protocols fail and a privacy breach may happen.
 - Zoom is the technology that is used for the video visit, and it is integrated with WCH's electronic medical record system. No personal health information is stored with Zoom, but your health information may be securely transmitted between WCH and Zoom on WCH's behalf.
 - There may be potential delays in evaluation and treatment if the equipment and systems are not functioning as they should.
 - Some of your personal health information will be provided to the Ontario Telemedicine Network (OTN) for the purposes of statistics collection and so providers can be paid for the services provided.
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Introducing the TTP Clinical Team

A team of therapists from varying professional backgrounds offers our program, often in combination with each other. You may encounter:

- Social Workers
 - Social Service Workers
 - Psychologists
 - Psychiatrists
 - Psychotherapists
 - Expressive Art Therapists
 - Learners in these professions
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What do we offer in our program?

- We are a specialized trauma-focused therapy for people who have experienced childhood interpersonal trauma.
 - TTP offers a variety of best practice interventions for treatment of trauma, including Psychoeducation, CBT, Relational Therapy, Sensorimotor Psychotherapy, Internal Family Systems, Creative Expressive Therapies.
 - TTP provides an opportunity to do “a piece of work” in healing from childhood trauma experiences.
 - We offer short-term, time-limited therapy.
 - Individuals must begin our program with stage one programming.
 - All of our stage one programming is group-based.
 - We offer two kinds of groups based to gender preferences:
 1. Open to self-identified women, trans, non-binary, and Two Spirit people
 2. Open to everyone
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What are the Goals of Trauma Therapy?

- To gain new skills and resources to manage the impact of childhood trauma.
- To have a better understanding of your symptoms and relational patterns.
- To reduce the troubling effects of childhood trauma in your present life.

Psychotherapy works best for you when you are open to be observant and curious about your own process as well as willing to try some new habits and coping strategies

Trauma Therapy Program Overview



Resourced and Resilient

R&R a 9-week group that runs once weekly for 1 hour and 45 minutes. The first 8 weeks of group are for group content and the 9th week is for exit interviews.

Content Outline:

- Stages of Trauma Therapy
 - Understanding PTSD and Complex PTSD
 - The Window of Tolerance Model
 - Self-Soothing and Relational Soothing
 - Grounding and Coping Skills
 - The Neurobiology of Trauma
 - Fight/Flight/Freeze/Collapse Responses
 - Trigger Scale Model
 - Parallel Lives Model
 - Introduction to Cognitive Behaviour Therapy
 - Challenging Cognitive Distortions and The Inner Critic
 - Working with Re-enactments
 - Karpman's Triangle Model
 - Understanding Boundaries
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What can I expect after Completing R&R

- An exit interview with the group facilitators to collaboratively determine next steps that would be best for you.
 - Next steps can be recommendations for either further therapy within our program or suggestions for other community resources.
 - Further therapy in TTP after completing R&R consists choosing a group from our Healing Pathways options.
 - We will also encourage you to connect with your Family Physician for ongoing support between groups and while you wait on the waitlist.
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Healing Pathways Groups

The Pathways groups are all are 9-week groups that run once weekly for 1 hour and 45 minutes. The first 8 weeks of group are for group content and the 9th week is for exit interviews.

Healing Through the Mind

Focuses on developing knowledge and skills from a cognitive-behavioural therapy approach to challenge trauma-based thinking patterns.

Healing Through the Body

Focuses on developing awareness and skills from a sensorimotor therapy approach to support self-regulation of trauma-based body responses.

Healing Through the Arts

Focuses on using art and creativity to discover and pursue themes to do with creating lives after trauma.

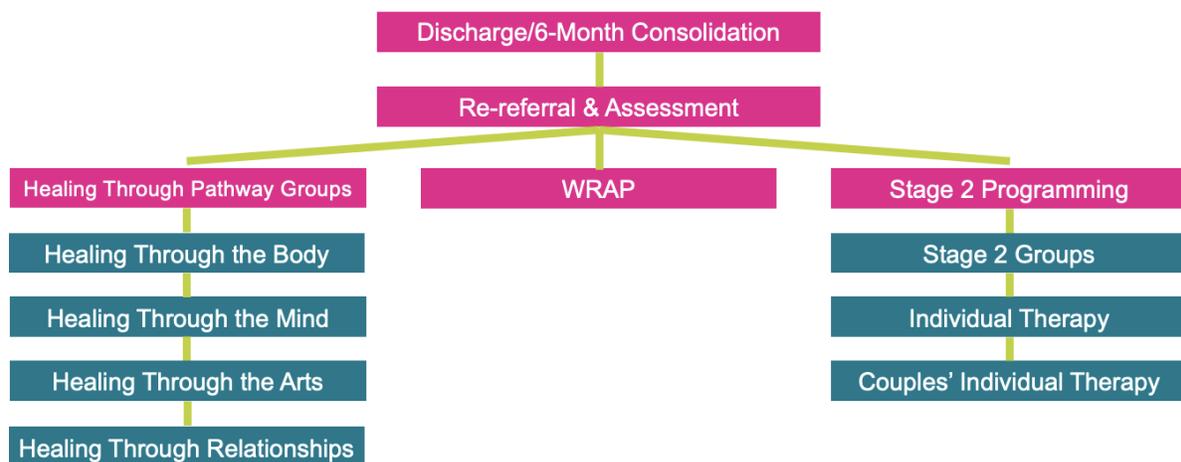
Healing Through Relationships

Focuses on exploring and healing relationship difficulties with self and others that have been shaped by trauma.

Completing Healing Pathways Groups

- After completing the Resourced & Resilient group and 2 of the Healing Pathways groups, you will be discharged from our program for 6 months to work on consolidating the skills you have learned.
- After 6 months, you are welcome to be re-referred to our program. At that point, we will work with you to determine next steps (Stage 1 or 2 groups or individual trauma therapy).

Re-Referral After The Consolidation Period



Myths about Trauma Therapy

- Some people are hoping their symptoms will go away for good, trauma therapy may allow this, however in most cases it is aimed to help people better manage their symptoms.

- Consistent, on time and weekly attendance is needed – it is not drop in therapy.
- Trauma therapy is not about recovery of lost memories.
- Healing takes time, it is a process with back-and-forth movement, ups and downs.
- You cannot heal if you are not safe, safety is foundational to Trauma Therapy (by this we mean not currently experiencing abuse or violence in a relationship, living in safe enough housing and no other current safety concerns).

Your therapist isn't the vehicle for change, you are! You are the instrument of your own healing; your therapist is here to help guide you.

Shared Commitments and Expectations

1. Our commitment to you is to create environments and policies that promotes safety, respect, and relational engagement.
2. While childhood trauma, and adult and systemic trauma are linked, TTP services are designed and geared towards healing work specifically related to childhood experiences of trauma. If you have current or ongoing adult trauma, we advise you seek support for this prior to addressing your childhood trauma.
3. While we recognize that it can be difficult for individuals with childhood trauma to build and maintain trust, we also know that if participants cannot form/maintain a basic therapeutic alliance with facilitators, learners, the program, or the hospital, then treatment will not be successful. If it is not possible for you to form/maintain a basic level of trust in the short-term therapeutic context of TTP, we would recommend that you consider long-term therapy where there will be more capacity for individualized focus on these issues.
4. We value diversity and inclusion, and function from a feminist based, anti-oppression framework at TTP. As such, you must agree to be respectful towards other clients, facilitators, and all WCH staff. Since we are a teaching hospital affiliated with various academic programs, and we consider students as part of our treatment team, you must be willing to extend this same respect to our learners.
5. Any form of verbal, physical and/or emotional violence/abuse or threatening verbal, physical and/or emotional violence/abuse towards another client, facilitator, or WCH staff member will not be tolerated in the program.

6. In order to be able to benefit from our programming you must demonstrate a capacity to engage in the therapeutic process as defined by the following. You are willing or able to:
- Speak in treatment about personal trauma experiences from the perspective of “I”. For example, we encourage you to speak about how childhood trauma is currently impacting you in daily life. If this is difficult, we encourage you to share what gets in the way of speaking about this.
 - Identify and name aloud if you are triggered and be able to engage in present moment strategies to stabilize and manage your triggers, including relational triggers. By doing so you will have the opportunity to learn ways to avoid re-enacting trauma patterns and practice more healing skills and strategies.
 - Tolerate being slowed down and paced by facilitators for the purpose of ensuring safety and promoting healing.
 - Self-reflect and be willing to accept personal accountability for any harm resulting from trauma related patterns and coping strategies rather than blame or externalize problems onto others (i.e., therapists, other individuals, or systems).
7. Out of respect for fellow clients, staff, and the hospital, you must adhere to and respect program guidelines and policies relating to: maintaining and respecting confidentiality; restricting phone use and recording/photography in sessions; attendance policies; and other program specific guidelines and policies that will be outlined in your specific program.
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Next Steps

- By attending this session, **you have now been placed on the wait list** for an intake assessment.
 - You will be called by our administrative staff to book an appointment for an intake assessment when your name comes up on the waitlist.
 - Please update us with your current contact information so we don't lose touch with you.
 - If after **2 attempts** we cannot get in touch with you, you will be discharged from our waitlist. You can update your contact information on myHealthRecord.
 - It is important that you attend all your appointments regularly, and on time.
 - Please call or message through MyChart if cancelling, or if late for an appointment. If lateness or frequent absences are an issue, this may lead to discharge from our program.
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Final thoughts

- It's important for you to have a Family Physician. We cannot provide you any support while you wait on our waitlists. We encourage you to connect with your Family Physician for any support you might need as you waitlist for services with us.
 - We're also limited in the support we can provide outside of groups and will be encouraging you to connect with your Family Physician for additional support.
 - When you are finished services with us and during consolidation periods, we will be discharging you to care of your Family Physician as well.
 - If you do not have a Family Physician, we recommend that you arrange this before beginning treatment.
 - The Ontario government's **Health Care Connect** website can be helpful for finding a family physician near you.
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IT Support & Contact Information for WMHP

WCH myHealthRecord Support

All patient requests can be emailed directly to myHealthRecord@wchospital.ca
myHR Support Line at **416-323-6205**

Women's Mental Health Program

You can access our main office at **416-323-6230**

Thank you for attending our Orientation session!