

## Holistic Services

We have found that acupuncture and massage are powerful adjuncts to individual treatment. The mind can heal faster than the body and both acupuncture and massage help to reset the body's systems that have been thrown out of balance by trauma and substance use. Acupuncture may help some with cravings. Our groups include Tools for Reducing Stress and Triggers, offering guidance about the calming effects of meditation in its various forms. Other tools, both research-based and easy to learn, are taught as well. Our other groups include:

- ∞ **The Psychobiology of Trauma**
- ∞ **Am I ready for Recovery?**
- ∞ **Understanding the Recovery Process**
- ∞ **Building a Stable Foundation for Recovery**
- ∞ **Dealing with Emotions**
- ∞ **Spirituality and Recovery**

Individual treatment and one other service are provided every day, four days a week for four weeks.

The cost for intake, testing, 24 hours of individual treatment, three acupuncture sessions, two massage sessions and eight, 90-minute group sessions is \$4,600. Many insurance companies will reimburse for our services. We will provide the documentation required for you to send to your insurance company. For more information and to find out if you qualify to participate in our program, call 305-374-9990 or email [info@thetrcenter.org](mailto:info@thetrcenter.org).

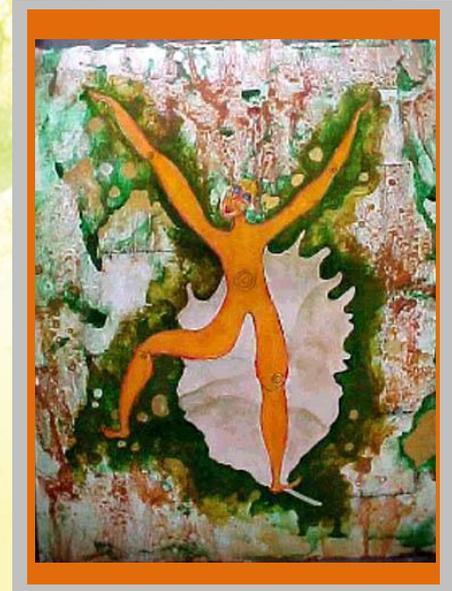
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## The Trauma Resolution Center

### *Intensive Outpatient Substance Abuse & Mental Health Program*

Managed Care Concepts has found the Trauma Resolution Center (TRC) to be a true collaborative partner in the provision of behavioral health services to our members in South Florida. Based on feedback from our members *and* our clinicians this facility appears to provide exceptionally high quality evidence-based treatment that is customized to address each individual's specific behavioral health needs. The TRC is a pleasure to work with.

Lisa Stewart, Ph.D., LMHC  
Clinical Director  
Managed Care Concepts

## The Leading Cause of Substance Abuse

The literature is clear: Unresolved trauma is the underlying issue for most people who turn to a substance for relief and escape. Traditional intensive outpatient substance abuse programs (known as IOPs) mainly provide group experiences and focus on behaviors. They usually fail to adequately and effectively address and resolve the issues underlying the reasons why someone turned to a substance for relief. Unresolved traumatic events from any period of a person's life have the power to create depression, anxiety and high levels of stress that can drive someone to seek relief in ways that won't work for the long term. A trauma is a very personal thing; it is anything that overwhelms a person's ability to cope. Many traumatized human beings begin using a substance for relief during their childhood or adolescence. But it is also important to know that overwhelming events, abuse and neglect from childhood can remain dormant for years and then trigger later in life.

## For Something Truly Different...and Effective

We are a non-profit organization whose primary mission is to provide an effective and healing service that helps resolve the impact of traumatic events. We do this in a holistic setting that seeks to address spirit, mind and body, as trauma and addiction impact all realms of our existence. Our program focuses on providing individual, trauma-focused treatment to dissolve the powerful chemistry and imagery that unresolved trauma contains. Although individual treatment is far more expensive to provide than psychoeducational groups, participants in our program receive an untimed individual session every day. We have proved that our service is successful, cost-effective and short-term. According to our validated measurements maintained since our inception in 1995, clients who complete our program no longer test positive for posttraumatic stress disorder (PTSD), depression or anxiety. Our clients' average length of treatment is 30 hours of service. (Note that the IOP program is 64 hours.)

**Upon completion of our program, one former client reported that:** I am more positive and optimistic about life. I'm using steps learned here to reason through stress and I'm eager to make positive steps to continue on my career path. I have much more self-worth. I feel deserving of love. I am forgiving and accepting of my past.

## Endorsed and Evidence-Based

The Trauma Resolution Center is Florida's only trauma-focused substance abuse out-patient program licensed by the state. Our program is research-based and our core service is listed in the National Registry of Evidenced-Based Practices and Programs. (Go to [www.tir-nrepp.org](http://www.tir-nrepp.org)). The federal government's Substance Abuse and Mental Health Services Administration considers us the "gold standard" of trauma resolution programs and funded an educational film about our agency. That movie is available for viewing on You Tube: [www.trcmovie.org](http://www.trcmovie.org)