

Admission Criteria

Prospective participants will:

- Be suffering from trauma related symptoms such as PTSD (mild to severe)
- Have sufficient psychological stability to engage in group programs
- Have no current substance use problems
- Be on a stable medication regime
- Be medically stable.

Our Mission

“Continue to be the best Rehabilitation and Disability Management Company that our clients, employees, and community partners experience by alleviating the human and economic challenges of disability in an ethical, professional, cost effective, and accountable manner.”

Cost includes:

Cost of the program includes:

- Intake assessment & report
- Treatment recommendations
- Individual & Group therapy
- Meals and Accommodation
- Discharge assessment & report



Contact Us

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Testimonial

This program has been a miracle to me. It helped to eliminate my shame and fear. I am no longer living a life based on fear. Ross H.



Traumatic Stress Recovery Program

www.diversifiedrehab.ca

Posttraumatic Stress Disorder (PTSD)

What Is PTSD?

PTSD is a condition that elicits emotional, psychological, and physiological responses resulting from trauma. Examples may include:

- Combat exposure for soldiers
- Workplace accidents / violence
- Motor vehicle accidents
- Domestic violence / Assaults
- Other trauma which elicits intense fear or a sense of helplessness

Who Is At Risk?

PTSD can affect anyone who has experienced or witnessed a single or repeated traumatic event.



Symptoms of PTSD

May occur immediately or months after a trauma. Symptoms may include:

- Flashbacks
- Nightmares
- Emotional numbing
- Loss of interest in activities and life
- Feeling detached from others
- Avoiding activities, places, thoughts, or feelings that serve as reminders of the trauma
- Difficulty sleeping and concentrating
- Hypervigilance (on constant red alert)
- Increased irritability

PTSD Can Be Treated Successfully

Our comprehensive, multidisciplinary residential program is one of the few such programs in Canada. It provides treatment tailored to the individual and includes:

- Individual therapy (self regulation, & cognitive behavioural therapy, exposure therapy, EMDR, biofeedback, hypnotherapy), Art Therapy, Pet Therapy. Yoga & Fitness.
- Group Therapy / Education
- Couple counselling, if required
- Return-to-Work planning if required.
- Consultation with community professionals.

*"Nobody can go back and start
a new beginning;
But everybody can start today
and make a new ending."*

-Maria Robinson

Program

Diversified Rehabilitation Group offers a five week Traumatic Stress Recovery Program (TSRP).

The TSRP includes:

- Intake assessment
- Group and individual treatment
- Discharge / Evaluation
- Community Reintegration, and/or Vocational Reintegration
- 8 weeks of Aftercare program

Treatment Team

- Registered Psychologists
- Registered Clinical Counsellors
- Occupational Therapists
- Vocational Rehabilitation Specialists
- Nurses
- Consulting Psychiatrists
- Mentors