



# Traumatic Stress Recovery Program (TSRP)



Our comprehensive, interdisciplinary, residential program offers treatments tailored to individuals.

Phone: (250) 860-2868  
Toll Free: 1-888-402-8222  
Email: [info@diversifiedrehab.ca](mailto:info@diversifiedrehab.ca)  
[www.diversifiedrehab.ca](http://www.diversifiedrehab.ca)

## A NEW BEGINNING

### OUR PROGRAM

TSRP focuses on providing individuals with the skills and resources to overcome the difficulties related to traumatic experiences.

The program is 5 weeks in duration (4 weeks of treatment and 1 week of home reintegration), followed by 6 weeks of Post-Treatment Support. Clients participate in intensive clinical treatment, psychoeducation, and physical activity.

### LOCATION

Our clinic and residence are located in Kelowna, BC. We provide participants with a safe and supportive environment to carry out treatment and practice valuable life skills. During the day, participants attend individual and group treatment at the clinic and in the evening they participate in psycho-educational and recreational activities at the residence.

### COST

The cost of our program includes:

- Intake assessment and report
- Treatment recommendations
- Individual and group therapy
- Discharge report
- Accommodation and meals
- Recreational activities
- Post-Treatment Support

### TREATMENT METHODS

Treatment modalities are evidence-based and customized to clients' needs, which include:

- Individual and Group Therapy
- Cognitive Behavioural Therapy (CBT)
- Eye Movement Desensitization & Reprocessing (EMDR)
- Biofeedback and Neurofeedback
- Exposure Therapy
- Art Therapy
- Return-to-Work Assistance

### TREATMENT TEAM

- Registered Psychologists
- Registered Clinical Counsellors
- Occupational Therapists
- Vocational Rehabilitation Consultants
- Nutritionists
- Kinesiologists

### POST-TREATMENT SUPPORT

The 6 weeks of Post-Treatment Support reinforces the experiences from the TSRP when the client returns home to their day-to-day routine. This enhances the participants' ability to continue their journey of recovery. Support is administered over the telephone, video counselling, and through our Online Wellness Portal.

*Financing available through Medicaid*



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## The Primary Care PTSD Screen

*Prins, A., Bovin, M. J., Kimerling, R., Kaloupek, D. G., Marx, B. P., Pless Kaiser, A., & Schnurr, P. P. (2015). The Primary Care PTSD Screen for DSM-5 (PC-PTSD-5). [Measurement instrument].*

Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic.

For example:

- a serious accident or fire
- a physical or sexual assault or abuse
- an earthquake or flood
- a war
- seeing someone be killed or seriously injured
- having a loved one die through homicide or suicide

Have you ever experienced this kind of event?

**Yes | No**

**In the past month, have you...**

1. had nightmares about the event(s) or thought about the event(s) when you did not want to?

**Yes | No**

2. tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)?

**Yes | No**

3. been constantly on guard, watchful, or easily startled?

**Yes | No**

4. felt numb or detached from people, activities, or your surroundings?

**Yes | No**

5. felt guilty or unable to stop blaming yourself or others for the events(s) or any problems the event(s) may have caused?

**Yes | No**

*If you answered "Yes" to any of the above statements, contact us for more information.*