



**SIDRAN INSTITUTE**  
*Traumatic Stress Education & Advocacy*

**Sidran PsychTrauma Information and Resource Service**

PO Box 436 • Brooklandville MD 21022  
Phone 410-825-8888 • Fax 410-560-0134  
E-mail <help@sidran.org> • Web page <www.sidran.org>

**TREATMENT PROGRAMS**

The following codes are used to help you pick out appropriate programs quickly. However, please be sure to read the descriptions also. Dates following entries reflect the last date information was checked for accuracy. The Sidran Institute does not endorse the resources listed. Individuals must be wise consumers and check for themselves the appropriateness of each resource.

Treatment: T = trauma; D = dissociation; E = eating disorders, A = addictions, SI = self-injury, O = other (panic/anxiety, depression, compulsive disorders, etc.).  
Programs: IP = inpatient; R = Residential; IOP = intensive outpatient; OP = outpatient;  
PH = partial hospitalization, D = day, EC = Extended Care; TL = Transitional Living  
Population: A = adults; Ad = adolescents; C = children

**Cottonwood de Tucson**

4110 W. Sweetwater Drive  
Tucson AZ 85745

Phone: 800-877-4520 Ask for Admissions ; Extentions 2505 and 2503  
Fax: 520-743-2191

Email: [General.information@cottonwooddetucson.com](mailto:General.information@cottonwooddetucson.com)

Website: [www.cottonwooddetucson.com](http://www.cottonwooddetucson.com)

Intake/Contact Person: Linda Barela, Director of Admissions

Clinical Director: Kathleen Parrish, LPC

Treatment: T, A, SI, O                      Programs: IP, EC                      Population: A, Ad (Females)

JCAHO/CARF accredited. We specialize in helping patients with complex, co-occurring issues such as depression, trauma, anxiety, substance abuse; self-harm, obsessive-compulsive disorder, bipolar disorder, body image issues, personality issues etc. We use group as the primary modality although all patients meet with staff individually as well. We utilize talk therapy as well as experiential therapy such as equine therapy, and psychodrama. Reviewed 1/22/08.

**Sierra Tucson**

35980 S. Lago del Oro  
Tucson AZ 85739

Phone: 800-842-4487

Email: [info@sierratucson.com](mailto:info@sierratucson.com)

Website: [www.sierratucson.com](http://www.sierratucson.com)

Clinical Director: Shari Corbitt, PsyD

Treatment: T, E, A, O                      Programs: IP                      Population: A

Accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). Dually licensed by the state of Arizona as a Special Hospital and a Level 1 Psychiatric Hospital with behavioral health services, Sierra Tucson is committed to the prevention, education, diagnosis, and treatment of addictions and mental and behavioral disorders. Specializes in Mood disorders, trauma, addictions, eating disorders and sexual recovery. Uses The Sierra Model® of treatment which recognizes a simple truth: all

of us exist as mind, body, spirit, and emotions. Only when the whole person is healed—not just the symptoms, but the underlying problems— can recovery begin. Has 95 patient beds and a 2.5 to 1 staff to patient ratio. Sierra Tucson applies traditional and integrative therapies to assist in the recovery process. Psychodrama, EMDR, Somatic Experiencing®, acupuncture, chiropractic services, and yoga, as well as more traditional group and cognitive-behavioral therapies, are utilized to provide a diverse, effective treatment experience. Reviewed 1/3/08.

### **The National Treatment Center for Trauma-Based Disorders**

Del Amo Hospital  
23700 Camino Del Sol  
Torrance CA 90505  
Phone : 800-533-5266

Website: [www.delamotreatment.com](http://www.delamotreatment.com)

Trauma Program Director: Colin A. Ross, M.D.

Treatment: T, D, A, SI, O                      Programs: IP, D                      Populations: A

The Trauma Recovery Program at Del Amo specializes in treating PTSD, Dissociative Disorders (DID), Borderline Personality Disorder and Dual Diagnosis. Uses the “Trauma Model” of treatment. This model utilizes cognitive therapies to guide the client towards self awareness and trauma resolution. The Trauma Recovery Program is designed as a highly-structured Inpatient Program which can be stepped down to a Partial Hospitalization Program. The goal of treatment is to use the structure and therapeutic processes of the trauma model for stabilization and then to generate improved functioning and a return to outpatient therapy. Within the program clients learn to identify conflicts and to unlearn distorted thoughts related to trauma and identity. This program does not utilize regressive therapies. Reviewed 1/29/08

### **The Center: Posttraumatic Disorders Program**

Psychiatric Institute of Washington  
4228 Wisconsin Ave. NW  
Washington DC 20016

Phone: 24-hour Clinical Assessment Center: 800-369-CARE (2273)

Program Administrator (business hours): Florence Hannigan, 202-885-5752 or call 800# and dial x5752

Website: [www.thecenteratPIW.com](http://www.thecenteratPIW.com)

Medical Directors: Joan Turkus, M.D.; Co-Founder and former Clinical Director Christine Courtois, Ph.D.

Treatment: T, D, A,                      Programs: IP, PH                      Population: A, Ad (18 & 19 year olds)

A specialized continuum of behavioral health services for the treatment of posttraumatic and dissociative conditions. The Center offers short-term, directed treatment for adults who exhibit acute symptoms associated with posttraumatic and dissociative disorders and other trauma-based conditions. A national model in the treatment of adult posttraumatic syndromes, The Center’s innovative program provides rapid stabilization and essential training in self-management skills through the use of stage-oriented, cognitive and behavioral strategies. Designed to meet the individual needs of patients at different stages of treatment and respond to the challenges posed by a rapidly changing healthcare environment, our problem- and skill-focused continuum of care includes inpatient and partial hospitalization. Reviewed 3/14/08

### **Alternative Treatment International**

300 S. Duncan Ave.  
Suite 263

Clearwater, FL 33755

Phone: 800-897-8060

Fax: 727-461-3651

Email: [info@alternative2rehab.com](mailto:info@alternative2rehab.com)

Website: <http://www.alternative2rehab.com/staff.html>

Contact Person: Dr. Alan Meyers, PhD

Director: Charles Robinson, LMHC

Treatment: T, D, E, A, SI, O                      Programs: IP, OP

Population: A (18 and up)

Licensed by the State of Florida. JCAHO Accredited. The program is Non 12-step/Non AA. ATI is a clinically based, holistic and dual diagnosis program. We treat the cause of the problem, not just the symptoms. Individual psychotherapy and group psychotherapy are predominant program features.

Medical services available include psychiatric evaluation, nursing assessment, and referral to detox or ancillary medical care. Reviewed 1/3/08.

### **Trauma Resolution Integration Program (TRIP)**

Nova Southeastern University  
3301 College Avenue  
Fort Lauderdale, FL 33314  
Phone : 954-262-5851  
Fax : 954-262-3857  
Email: [gold@nsu.nova.edu](mailto:gold@nsu.nova.edu)

Website: <http://www.nova.edu/trip>

Intake/Contact Person: Monica Monahan

Director: Steven N. Gold, Ph.D.

Treatment: T, D, SI, A, O      Programs: OP

Population: A (18 and up)

Specializes in treating PTSD, Dissociative Disorders, Self Injury, Borderline Personality Disorder, Sleep Disorders, Depressive Disorders, Anxiety Disorders, Substance Abuse/Dual Diagnosis and Sexual Orientation/Identity Issues. This outpatient treatment program is geared towards individuals 18 and over who are experiencing difficulties related to a history of child abuse, other traumatic experiences or dissociative experiences. The treatment philosophy adhered to at TRIP is that many of the difficulties experienced by survivors of prolonged child abuse are not due solely to discrete incidents of abuse. Often ongoing abuse occurs in an interpersonal environment that fails to teach many of the abilities needed to cope effectively with the complexities of adult living. Therefore, the model of therapy employed at TRIP, rather than focusing primarily on confronting and processing abusive experiences, emphasizes the acquisition of the abilities needed to live comfortably and effectively. This treatment approach, called contextual therapy, is described in detail in the book *Not Trauma Alone*. Accredited American Psychological Association Internship Site. Adjunctive Therapies: DBT Groups offered on several days and times during the week. Fees are based on a sliding scale. Reviewed 1/25/08

### **Hollywood Pavilion**

Women's Institute for Incorporation Therapy (WIIT)  
1201 N. 37<sup>th</sup> Avenue  
Hollywood, FL 33021  
Phone: 800-437-5478  
Fax: 321-768-1659  
Email: [recovery@wiit.com](mailto:recovery@wiit.com)  
Website: [www.wiit.com](http://www.wiit.com)

Intake/Contact Person: Larry Spinoza

Clinical Director: William B. Tollefson, PhD

Treatment: T, D, SI, O      Programs: IP, OP,

Population: A (Women)

Free Standing Licensed Psychiatric Hospital—JCAHO Accredited. Specializes in treating PTSD, Dissociative Disorders, Self Injury, Depressive Disorders and Anxiety Disorders. Provides inpatient treatment and intensive outpatient treatment to adult women suffering the chronic effects of psychological trauma, particularly childhood trauma (sexual, alcoholic/violent home, etc). The hospital accepts most health insurances and Medicare. Does not accept Medicaid. Reviewed 1/3/08.

### **The Renfrew Centers**

1. 475 Spring Lane, Philadelphia PA 19128  
8945 R. Ridge Ave, Philadelphia, PA 19128
2. 7700 Renfrew Lane, Coconut Creek, FL, 33073
3. 436 Danbury Road, Wilton, CT, 06897
4. 174 Union Street, Ridgewood NJ, 07450
5. 11 East 36<sup>th</sup> Street, New York, NY, 10016
6. 320 King of Prussia Road, Radnor, PA 19087
7. 6633 Fairview Road, Charlotte NC 28210
8. 1624 Westgate Circle Suite 100 Brentwood, TN 37027

Programs: R, TL, EC,

Programs: OP

Programs: R, D, IOP, TL, OP

Programs: D, IOP, OP

Programs: D, IOP, OP

Programs: D, IOP, OP

Programs: D, IOP, OP

Programs: D, IOP, OP

Programs: D, IOP, OP

Phone: 1-800-RENFREW (736-3739)

Website: <http://www.renfrewcenter.com>

Treatment: T, D, E, A, O      Programs: R, D, TL, EC, IOP, OP,

Population: A & Ad women



**S.A.F.E. Alternatives (Self Abuse Finally Ends)**

10 Bergman Court  
 Forest Park, IL 60130  
 Phone: 800-DONTCUT (800-366-8288);  
 Fax: 708-366-9065  
 Email: info@selfinjury.com  
 Website: www.selfinjury.com

Intake/Contact Person: Joni Nowicki

Director: Dr. Wendy Lader, Ph.D.

Treatment: SI Programs, IP, PH, IOP, OP Population: A, AD (12 & Up)

This is not a crisis line. It is an information line. You can order information on self-injury or leave your number/name if you want someone to call you back about entering their treatment program. This is voice mail only. Program locations in Illinois and Denton TX. Primarily treats Self-Injury. Also treats: PTSD, Dissociative Disorders, Eating Disorders, Borderline Personality Disorder, Depressive Disorders, Anxiety Disorders, Substance Abuse/Dual Diagnosis and Sexual Orientation/Identity Issues. Offers both inpatient and outpatient services. Inpatient services are a 30 day intensive program, including 15 days inpatient and 15 days partial hospitalization. Patients must be voluntary. Outpatient services offered include: SAFE Choice, a weekly group psychotherapy program for adults and adolescents who self-injure. Reviewed 1/23/08.

**The New Orleans Institute**

River Oaks Psychiatric Hospital  
 1525 River Oaks Road West  
 New Orleans LA 70123  
 Phone: 504-734-1740, 800-366-1740  
 Website: www.riveroakshospital.com

Treatment: T, D, SI, O Programs: IP, PH, OP Population: A, Ad, C

Specialized treatment is available for individuals suffering from trauma-based disorders (childhood or adult onset), compulsive behaviors, eating disorders and post-traumatic stress. Treatment is available in three levels of care: inpatient, partial hospitalization, and outpatient. Impaired Professional evaluations are available for compulsive-behavior disorders. The New Orleans Institute Programs offer seven-day-a-week specialized treatment within a supportive environment. Our multidisciplinary treatment team has over fifteen years of experience in the stabilization of a broad spectrum of trauma-related symptoms including depression, anxiety, compulsive behaviors, dissociation, somatic distress, self-injury, and relational issues. The Trauma Recovery and Trauma Stabilization Programs provide individual, group, and expressive therapies as a means of facilitating the focused expression of strong emotion. Psychoeducational modules address primary recovery skills creating safety and decreasing crisis-generating and maladaptive thinking and behavior. Containment groups allow clients to identify their interfering behavior cycles that prevent them from benefitting from therapy. Finally, trauma group allows clients to share their individualized treatment gains and struggles with peer and therapist support. Specialized treatment for eating disorders, chronic chemical dependency and sexual compulsivity is also available. Reviewed 1/29/08

**The Trauma Center**

1269 Beacon Street  
 Brookline, MA 02446  
 Main Phone: 617-232-1303  
 Intake/Contact Person: Michelle Harris, LMHC  
 Medical Director : Dr. Bessel Van der Kolk  
 Website : [www.traumacenter.org](http://www.traumacenter.org)

Clinical Director: Marla Zucker, PhD

Email: moreinfo@traumacenter.org

Treatment: T, D, SI Programs: OP Population: A, Ad, C

Specializes in treating: PTSD, Dissociative Disorders, Self-Injury and Sexual Orientation/Identity issues with a trauma focus. Also specializes in trauma-informed psychological and neuropsychological assessment and runs therapy groups including DBT-Based coping skills groups and Yoga groups for trauma survivors. Our highly trained staff and supervisors have broad experience providing trauma-informed therapy to a range of trauma survivors and their families, as well as expert consultation to agencies seeking to enhance their trauma-focused service delivery. Treatment and consultation are individualized based on the specific needs and preferences of each client/agency. Treatment typically begins with a careful evaluation to determine the

relative contributions of trauma, temperament, biology, and other factors to each client's presenting concerns and to help us gain a complete picture of each client's strengths, resources, and areas of need. Based on this evaluation, and in close collaboration with the client, our clinicians develop an individualized treatment plan. Our clinicians utilize an integrative approach to treatment that draws on psychodynamic, cognitive-behavioral, interpersonal/relational, experiential, family systems, and other clinical frameworks. Our general philosophy recognizes both the physiological and psychological impacts of trauma and the importance of paying attention to both through treatment that bridges mind and body. In addition, trauma center clinicians have extensive training and experience in a variety of specialized treatment modalities, which may be integrated into treatment or offered on an adjunctive basis as appropriate. These include: For All Ages: EMDR- Level II, DBT Based Individual and Group Interventions, Expressive Arts, Cognitive-Behavioral Therapy Approaches to Trauma Treatment, Sensorimotor Psychotherapy, Accelerated Experiential Dynamic Psychotherapy (AEDP), Structured Approaches to the Treatment of Clinical Dissociation including Internal Family Systems (IFS) and Ego-State Therapy and Yoga Services. For Children/Families: Attachment, Self-regulation, and Competency (ARC), and Parent-Child Interaction Therapy (PCIT). Affiliated with Boston University Medical Center. Accepts Mass Health (MBHP), Tufts, some forms of BCBS, and Commonwealth Care insurance. Reviewed 1/26/08.

### **Women's Treatment Program at McLean Hospital**

115 Mill St., Hill Center  
Belmont MA 02178  
Phone: 617-855-2595  
Fax: 617-855-3738

Email: [women@mclean.harvard.edu](mailto:women@mclean.harvard.edu)

Website: [www.mclean.harvard.edu](http://www.mclean.harvard.edu)

Intake/Contact Person: Linda Larson

Clinical Director: Sherry Winternitz, M.D.

Treatment: T, D, SI, O

Programs: R, PH

Population: A (females only 18+)

JCAHO, DMH, DPH Accredited. We treat women struggling with acute destabilization of PTSD symptoms, dissociation, and self-injurious/impulsive behaviors. Our focus is thus on safety and stabilization, helping women to re-integrate into their communities with empowerment and improved, expanded repertoire of coping skills. We are also founded on the premise that women heal and find strength in relationship, and believe that a safe, supportive therapeutic milieu is essential to our treatment. Offers a 16 bed residential and partial hospitalization program for women ages 18 and over. Functions as an alternative to inpatient care, as a transition from inpatient care, or for additional support and intensive work on issues related to managing trauma and its sequel in present-day life. Must be referred by a clinician, able to adhere to safety and respect policies and able to main sobriety. DBT skills training and symptom management are primary components of the treatment. Affiliated with an inpatient unit specializing in trauma/dissociation. Reviewed 1/23/08.

### **McLean Hospital Dissociative Disorders & Trauma Program**

115 Mill Street, Proctor House

Belmont MA 02178

Phone: 1-800-333-0338,

Clinical Director: Sherry Winternitz, M.D.

Treatment: T, D,

Programs: IP

Population: A

The Dissociative Disorders and Trauma Program at McLean Hospital provides a comprehensive range of services for adults who suffer from the effects of childhood abuse or other painful traumatic events. A pioneer in the treatment of trauma survivors, the program maintains a strong reputation among patients and referring clinicians for its balanced emphasis on stabilization and healing. The program has extensive experience with individuals who have presented with difficulties, including depression, post-traumatic disorders, dissociative disorders and personality disorders. Patients may suffer from intrusive thoughts and feelings related to traumatic events, emotional numbing and social isolation, memory difficulties, altered perceptions and personality fragmentation. Many trauma survivors also experience intense difficulties with trust and relationships, shame and negative self-images, and self-destructive or suicidal impulses that further complicate treatment. Reviewed 1/23/08.

### **Trauma Disorders Treatment Program**

Sheppard and Enoch Pratt Hospital

6501 North Charles Street

Baltimore MD 21285

Phone: 410-938-5078,

Treatment: T, D, SI, E, O

Programs: IP, OP,

Population: A, Ad, C

Intake/Contact Person: Kimberly Colbert, Outreach Coordinator

Clinical Director: Richard J. Lowenstein, M.D.

Specializes in treating PTSD, Dissociative Disorders and Self-injury. Treatment of the following secondary diagnoses (with PTSD and dissociative disorders as primary diagnoses)--- Anxiety Disorders, Mood Disorders, Personality Disorders, Eating Disorders, Somatoform Disorders and Substance Abuse as well as Medication Adjustment and Management. Offers inpatient services for adults over 16 and half years old and outpatient services for children, adolescents and adults. The Trauma Disorders Program is genuinely dedicated to the mission of serving our patients, their families, and those who treat them. The treatment philosophy is based on the importance of restoration of functioning to the overall individual. The treatment is based in each patient taking responsibility for the management of problematic symptoms and behaviors and maladaptive life strategies. It emphasizes the containment of severe symptoms through the enhancement of the patient's own capacities to manage symptoms and life difficulties in a progressive, adaptive and self-generated fashion. With a commitment to assessment and evaluation, we provide clinical evaluation, and the administration of standardized assessment measures which includes the careful evaluation and treatment of comorbid disorders. Accepts many major insurance plans including Medicare, Maryland Medical Assistance, many HMO networks and managed behavioral health plans. Reviewed 1/18/08.

### **Forest View Hospital**

1055 Medical Drive SE

Grand Rapids MI 49546-3671

Phone: 800-949-8439

Website: <https://www.forestviewhospital.com/home.html>

Trauma Program Director: Colin A. Ross, M.D.

Treatment: T, D, E, O

Programs: IP, PH

Population: A

Inpatient and partial hospitalization. Individual and group psychotherapy. DID/DDNOS, borderline personality disorder, PTSD, acute stress disorder, co-morbid depression, substance abuse, eating disorders, panic disorder. Focus is not on diagnostic category but on the effects of trauma and unresolved attachment issues. Forest View's Psychological Trauma Treatment Center utilizes innovative, non-regressive treatment that maintains and encourages the patient's stability while actively engaging in therapy. The treatment plan focuses on teaching the patient to regulate affect, develop healthy attachment patterns and reduce distorted thinking. The Psychological Trauma Treatment Center includes an integration of cognitive-behavioral, experiential and didactic treatment modalities essential to modifying behavior and cognition. Individual and group therapy addresses core attachment issues and emphasizes symptom reduction and improved coping ability. Reviewed 3/14/08

### **The Two Rivers National Center for Trauma-Based Disorders**

Two Rivers Psychiatric Hospital

5121 Raytown Rd.

Kansas City MO 64133

Phone: 816-356-5688; 800-225-8577

Website: <http://tworivershospital.com>

Contact Person: Robin Moehlman

Trauma Program Director: Nancy Harrel, LCSW

Treatment: T, D, SI, A, O

Programs: IP, PH

Population: A

Accredited by JCAHO and the state of Missouri. Has an Eating Disorder Track; also treat self-harm and addiction (as long as addiction is not the primary issue); specializes in Dissociative Disorders. Encourages spirituality but no specific groups. Utilizes stabilization techniques to increase client empowerment prior to working toward trauma resolution. Safety on milieu is extremely important. Teach tools to provide empowerment while helping survivors work through trauma. We work with patients to experience and process feelings without becoming overwhelmed by them. Self harm on the unit is not tolerated and patients may be assessed for the eating disorder track. Work with internal communication and grounding



Phone: 1-800-733-6840

Fax: 610-876-2217

Website: <https://www.keystonecenterecu.net/indexnew.html>

Director: Susan J. Campling, PsyD

Treatment: T, A

Programs: IP

Population: A

Specializes in interactive addictions and trauma with primary sexually compulsive behaviors. The ECU is a 12 step based program that integrates mental health, wellness and addiction models in treatment. The ECU is a milieu based program that uses the concept of a therapeutic community in helping clients heal from trauma and prevent traumatic re-enactment behaviors upon self and others. Our program focuses on sexual compulsivity and trauma using cognitive behavioral, addiction, family therapy, group therapy and individual therapy. Clients are medically screened for medical conditions. Individuals who need ongoing medical services are assisted with finding specialists in the immediate area. Reviewed 1/9/08

### **Children's Home of York- Girls Center**

77 Shoehouse Road

York, PA 17402

United States

Contact- Toshia M. Shearer, BS, MSW

Phone- 717-755-1033 ext- 307

Fax- 717-718-9727

Email- [tshearer@choyork.org](mailto:tshearer@choyork.org)

Treatment: E, SI

Programs:IP

Population: Ad (females only)

The Children's Home of York's Girls' Center is a licensed, gender-specific, trauma-focused Residential Treatment Facility (RTF). While in our care, young women between the ages of 13 and 18 receive individual, group, and family therapy as appropriate. Girls' Center residents also benefit from independent living skills training and learn more effective coping skills through a variety of therapeutic exercises including expressive arts, yoga, horticultural projects, and participation in our award-winning Equine Assisted Psychotherapy (EAP) program. Educational services are provided on-site in cooperation with the Lincoln Intermediate Unit No. 12. The Children's Home of York's Girls' Center provides trauma-informed care and specializes in the treatment of adolescent females who have serious emotional issues to the extent that medical services are deemed necessary. Serving as an alternative to psychiatric hospitalization, young women with emotional disturbance can benefit from placement in this gender-specific, community-based Residential Treatment Facility and the intensive therapy offered through the Girls' Center program. Reviewed 9/1/2007

### **The Colin Ross Institute at Timberlawn Mental Health System**

Timberlawn Mental Health System

4600 Samuell Blvd.

Dallas TX 75228

Phone: 800-426-4944; 214-381-7181

Fax: 214-388-6453

Website: [www.timberlawn.com](http://www.timberlawn.com)

Email: [eric.reynolds@uhsinc.com](mailto:eric.reynolds@uhsinc.com)

Contact Person: Peyton Orr

Director: Colin Ross, M.D.

Treatment: T, D, O

Programs: IP, PH

Population: A

Accredited by JCAHO/Texas Department of Health. Specializes in treating all trauma related disorders. "The Timberlawn Trauma Program was created to provide quality treatment and education in the area of trauma and extensive comorbidity. Comorbidity is defined as an extensive history of multiple symptoms and diagnoses. The Trauma Program does not utilize regressive treatment modalities such as focusing on the retrieval of repressed memories. The treatment team members work collaboratively emphasizing acute stabilization, improved functioning and self management for the chronic, high cost, high utilization patient with extensive comorbidity." Reviewed 1/9/08

### **New Dimensions Day Hospital**

1345 Spacepark Drive., Suite C

Houston TX 77058  
Phone: 281-333-2284

<http://www.newdimensionsdayhospital.com/index.htm>

Treatment: T, A

Programs: D, PH, OP

Population: A, AD

New Dimensions Day Hospital is a freestanding Psychiatric Day Hospital in the Clear Lake area of Houston, Texas. The hospital is licensed by the Texas Commission on Alcohol and Drug Abuse and is accredited by JCAHO. Since 1991, New Dimensions has helped individuals and families develop the tools they need to successfully cope with the difficult challenges of life. New Dimensions specializes in providing Intensive Outpatient and Partial Day Treatment for Adults and Adolescents. Our programs are designed to help individuals and families develop the skills they need to cope with depression, anxiety, trauma, addictions, chemical dependency issues, and behavioral problems. Our multi-disciplinary team helps individuals identify the root causes of their problems and then develop the strategies they need to maintain a healthy lifestyle and create productive relationships. Reviewed 8/14/08

### **Dominion Hospital**

2960 Sleepy Hollow Road

Falls Church VA 22044

Phone: 703-536-2000; 703-538-2872 (admissions)

Fax: 703-533-9650

Email: [Dominion.DLCares@HCAhealthcare.com](mailto:Dominion.DLCares@HCAhealthcare.com)

Website: [www.dominionhospital.com](http://www.dominionhospital.com)

Email: [Dominion.DLCares@HCAhealthcare.com](mailto:Dominion.DLCares@HCAhealthcare.com)

Contact Person: Aimee Cocolin, Director of Clinical Development

Medical Director: Gary Litovitz, MD

Treatment: T, D, E, A, O

Programs: IP, PH

Population: A, Ad, C

JCAHO Accredited. Dominion Hospital works toward treating the whole person. We provide specialized tracks focused on dual diagnosis, self-injurious behavior and eating disorders to those patients participating in our inpatient and partial hospitalization programs. Dominion Hospital has a total of 100 inpatient beds divided between children, adolescent and adult services. Inpatient hospitalization programs are 24 hours, 7 days a week. All patients are monitored throughout the day and night by staff who have received age specific competencies enabling them to assist in working through daily stressors. Partial Hospitalization programs are 7 hours, 5 days a week. For both inpatient and partial hospitalization programs each individual is assigned a treatment team consisting of a psychiatrist, a social worker, psychiatric technicians and school staff (for children and adolescents). Adjunctive Therapies include: expressive therapies including art and movement, dietary support. We accept most health insurances. Reviewed 1/4/08.

### **Rogers Memorial Hospital**

34700 Valley Road

Oconomowoc WI 53066

Phone: 800-767-4411

Website: [www.rogershospital.org](http://www.rogershospital.org)

Treatment: E, A, O

Programs: IP, PH

Population: A, Ad (12-17)

Rogers Memorial Hospital *does not* currently offer a specialized treatment center for individuals with trauma, post-traumatic stress and dissociative disorders. Does treat *single episode PTSD* using a strict cognitive behavioral therapy approach at the residential OCD Center and Adult Center plus the OCD partial hospitalization program. No specific treatment services for individuals with trauma or dissociative disorders. Specialized treatment programs include: The Eating Disorder Center (for adults and adolescents 12 and older); The Child and Adolescent Center (for ages 12 to 17) for cognitive behavioral therapy services for OCD and other anxiety disorders; The Obsessive Compulsive Disorder Center (for adults 18 and older); The Adult Center (for adults 18 and older) who have co-occurring eating disorders, OCD, and other anxiety disorders and the Herrington Recovery Center (for adults 18 and older) for chemical dependency and co-existing disorders. Reviewed 1/9/08.

### **Intensive Trauma Therapy, Inc.**

314 Scott Ave.

Morgantown, WV 26508

United States

Phone: 304-291-2912

Fax: 304-291-2918

Email: info@traumatherapy.us

Website: <http://traumatherapy.us>

Intake/Contact Person: Carrie Downey, MSW, MPA, LICSW Clinical Director: Linda Gantt, PhD, ATR-BC

Treatment: T, D

Programs: IOP, OP

Population: A, Ad, C

Specializes in treating PTSD, and Dissociative Disorders. Our program also treats self-injury, borderline personality disorder, depressive disorders, and anxiety disorders if the client has a trauma history in addition to these related symptoms. Intensive Trauma Therapy offers a brief intensive outpatient therapy to adults and children. Since all of the treatment day is spent in individual sessions you can get almost a year's worth of therapy in a week (35 hours). This treatment schedule is modified for children based on their developmental stage (ex young children would be scheduled for a 2 hour session in the morning and a 2 hour session in the afternoon over three days). Our experience team of clinicians use specific therapeutic techniques to help a client process their traumatic experience and address symptoms. An initial screening can be done free of charge. ITT accepts clients who have been given several different diagnoses and of them seems to be appropriate, have been disappointed with inpatient programs that focus on group therapy instead of individual sessions, hear voices that are trauma-related, feel that they on a plateau in their current therapy or their therapist does not have the specific skills to treat trauma and/or those whose medication has not relieved their symptoms. We do not take people who are actively using alcohol or drugs as a way to manage their symptoms but will consider those with substance abuse histories on a case by case basis. The clinic also treats people who live within a reasonable driving distance of Morgantown WV but who, for various reasons, can not come for the full program. Clients can be seen for appointments on a weekly basis to complete the processing of their traumatic experiences using the same treatment methods over a longer period of time. The same admission criteria as the intensive outpatient program apply. Reviewed 1/23/08.

**CAST Recovery Services**

"CAST Recovery Services is a treatment program in Santa Monica , California. We have years of experience working with trauma survivors and the subsequent substance abuse and addiction problems that often arise. We create a system of support throughout the recovery process, working with therapists, interventionists, sober companions and a number of other treatment professionals. We are a program for adults 18 and older and believe in a long term and whole person treatment approach to recovery."

Phone#:866-283-9885

Address:1830 Lincoln Blvd, Santa Monica CA 90404

<http://www.castrecovery.com/>

Reviewed 12/11

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Dates following entries reflect the last date information was checked for accuracy. The Sidran

Institute does not endorse the resources listed. Individuals must be wise consumers and check for themselves the appropriateness of each resource.