

TREATMENT FOR TRAUMA AND VIOLENCE

When Trauma and/or Violence occurs in a person's life it interrupts their normal growth and functioning. Our sense of who we are is disrupted. We might begin to suffer from debilitating symptoms. The path to healing might seem impossible.

Our three stage treatment approach guides the individual and family down the path of recovery. We help clients learn more about the people in their lives, the patterns of behavior that can be hurtful and about themselves in order to grow and change. We work with our clients to have renewed faith in their world and confidence in themselves.

Offender Program

Destructive and dangerous behaviors pose threats to our children, families and communities. Yet, psychological rehabilitation, behavioral modification and restoration of safety are necessary to the healing process for perpetrators and those impacted by violence.

Offender Assessment

The management and treatment of individuals who have committed acts of sexual abuse begins with a comprehensive psychosexual assessment which is a specialized assessment designed to define the severity of the sexually abusive behavior and assess the individual's vulnerabilities and resilience that lead to the sexually abusive behavior.

The psychosexual assessment will also give an opinion as to the individual's ability to benefit from treatment and determine the type and setting of treatment that will best restore safety to both the individual and the community.

Treatment of problematic behaviors

In order to restore safety to both the individual and the community, treatment of aberrant, dangerous or destructive behavior is essential.

Trauma and post-trauma counseling

If you are experiencing personal loss, natural disaster, or community violence, we can help you through the initial shock, assist you in processing the situation and support you in getting your life back in balance.

Childhood wounds

The wounds of childhood abuse, trauma or neglect do not have to define, imprison, or detour your life. We can help you heal the wounds of the past so you can create your own positive future.

Grief/loss

Through our understanding of Trauma we can help you ease the pain of loss. Each person's loss is personal and we will help you move through your own stages of grief, understanding and coping with the emotional and physical manifestation of the pain. It is a journey which we understand and will help you to understand as well.

Self-Destructive behavior

Self-injurious can be frightening to you and those in your life. We understand the unique meaning behind these behaviors and can help. We counsel all forms of self-abusive behavior from mild addictions to self-injurious, life threatening behaviors.

Sexual abuse, domestic violence

We are treating trauma caused by sexual abuse and violence. Whether you are a childhood survivor of these traumas or these acts are currently happening in your life, our programs are designed to help you.

Healing childhood wounds in adult relationships

We all bring our history into the present. When your wounds of the past wreak havoc on your relationship, we can identify and heal unresolved issues so that your future is not defined by your past.

Complex Post-traumatic Stress Disorder

We help female adult survivors of prolonged and recurrent experiences of trauma, sexual abuse, emotional abuse, and violence. People are most likely to experience PTSD if their abuse occurred in childhood, was prolonged, and happened in the context of significant relationships.

Male survivors of sexual abuse

We help men who have survived experiences of childhood sexual abuse. Education and support are provided to enable the clients to cope with their traumas, with less avoidance and denial, stop the emotional swing between numbing and dissociation and rage and impulsivity, and process issues of guilt, sadness, anger, survivor guilt, shame and loss.

Collaborative Stage Model

At Collaborative Stage Model we use a three stage, multiple systems treatment model that includes solution-focused strengths-based therapy, aimed at facilitating internal, relational, and environmental changes. We understand a problem not just from the “inside out”, what goes on in one’s conscious, and unconscious, but also from the “outside in” what goes on in a person’s world with relationships in their social, familial, professional, and community contexts. We understand that there’s no one cause to any problem, and that good treatment must intervene on all levels of a person’s vulnerabilities, in order, to interrupt problematic patterns of feelings and behaviors.

Stage I: Creating a context for a change

In stage I the therapist help to create a context of safety and hopefulness, in which the client can use the therapeutic alliance to identify causes and effects of life difficulties contributing to their distress. Together, with the clients, we commit to work toward change. In this stage we build a collaborative relationship, with the clients to assess the problem and together determine the therapeutic goals. We explore the consequences of our behaviors and the potential positive consequences of change. A detail treatment plan is determined in order to keep the clients actively involved in the process. We move into stage II when both client and therapist are clear about the necessary changes that need to take place and clear about the plan that will facilitate the potential changes.

Stage II: Challenging old patterns and Expanding new Realities

The therapist and client creatively challenge problematic thoughts, feelings, and behaviors, which are no longer useful, giving way to more adaptive healthier alternatives through the use of cognitive, behavioral, psychological and systemic techniques. Therapeutic interventions are designed specifically for each client based on their strengths.

Stage III: Consolidation

The therapist and client consolidate positive adaptive behaviors into safe, sustainable life choices. Clients prepare for future situations and plan how to continue to make adaptive choices. We understand that change is an evolving process, never stagnant and we help clients make plans for the future so that they may remain on the positive and hopeful journey that they have created throughout the therapeutic process.

Child and Family Program – Trauma and Violence

We provide treatment to children who have been the victims to, witnessed or perpetrated a violent or traumatic event.

20/20 Assessments – Evaluations for children and adolescents who have experienced trauma or violence. Our assessments involve six to ten, fifty minute sessions sensitively conducted with the child and other significant family members. Caregivers are asked to provide historical data, and complete checklists as well. At the conclusion of these sessions, recommendations are made and collaboratively the therapist and family will explore the next phase to enable growth and recovery.

Treatment for children and adolescents who have experienced trauma or violence. Following the initial assessment, specific treatment goals are identified and addressed with a therapist who specializes in trauma.

Family Therapy for Families who have experienced trauma or violence . Experiencing violence in any form physical, emotional, verbal, or sexual can overwhelm any family and all its members. Dysfunctional patterns and/or harmful coping strategies may develop. Through the use of family therapy, we help both victims and offenders change to be able to participate in their family and community violent free, with renewed hope for future opportunities.

INDIVIDUAL THERAPY

Life can be rewarding, enriching and balanced. Relationships can be profound, honest and mutually satisfying. Wounds can heal, self-control can be gained, joy can be experienced, and personal change is attainable.

Explore some of our various individual therapy options. And when you call for an appointment and meet with your therapist, bring the ideas stimulated from the list of situations in order to create your goals and give your therapy direction.

Addiction Therapy

This therapy treats substance abuse, alcohol abuse, sex addiction, overspending, overeating, addiction to Internet chat rooms, Internet pornography, cyber-sex addictions and Internet shopping addictions. We will develop a plan to help you and your family through the difficult decisions and process of change of defining, understanding, and coping with addiction.

Anger Management

Is your temper raging out of control? Do small things set you off? Do you react with sudden outbursts, fling insults or retreat in silent rage? Do you often feel your anger is justified but upon reflection regret your behavior? Or, do you find yourself locked in constant battle with people closest to you and those you love?

Anger is a natural emotion, but out of control anger is destructive. It takes a toll on the individual and those around them, eroding self-esteem, creating havoc, and perpetuating out of touch feelings. We can help you manage your anger, redirect your feelings into healthy ways of coping and enhance your communications and relationships. With our help you can gain control and lead a healthier life.

Anxiety/Panic Disorders

Feelings of being out of control, not being able to breath, worried that you will never feel safe, or calm again can be overwhelming. Anxiety and Panic present themselves differently to many people. We will help you understand your anxiety, assess the best course of action that will help you develop skills to manage both the physical and emotional symptoms.

Actualization therapy

Throughout the stages of our lives we wonder,; Who we really are? What are our true beliefs? What should we be doing with our lives? Where are we going? The answers change as we grow.

In this solution, value based counseling we will collaborate with you to help you determine and reach the goals that will help you define who you actually are during this stage of your life.

Trauma and Post-Trauma counseling

If you are experiencing personal loss, natural disaster, or community violence, we can help you through the initial shock, assist you in processing the situation and support you in getting your life back in balance. Using our Effectively proven Collaborative Stage Model, we will guide you through the stages of Trauma Recovery.

Childhood wounds

The wounds of childhood abuse, trauma, or neglect do not have to define, imprison or detour your life. We can help you heal the wounds of the past so you create your own positive future. The Collaborative Stage Model of therapy includes individual, family and group therapy designed to help you through recovery.

Depression

Depression is very common in 21st century and can be healed easily. We can help you understand the complicated nature of depression, the biology as well the emotional impact, and through this understanding develop a plan with you to assess your strengths again and see the world differently.

Divorce

We will help you to navigate through the separation process, cope with grief and tumult, heal the wounds and uncover your strengths and resilience.

Eating Disorders

Whether you are currently suffering from or overcoming anorexia, bulimia or compulsive overeating, you don't have to be trapped by your eating disorder. We can help you understand you patterns and develop a behavioral program to break the cycles. We will explore you relationship with food through individual, family, couple and group therapy depending on your needs.

Grief/loss

Through of understanding of trauma we can help you ease the pain of loss. Each person's loss is personal and we will help you move through your own stages of grief, understanding and coping with the emotional and physical manifestation of the pain. It is a journey which we understand and will help you to understand as well.

High Achievement counseling

On-Track, Un-Stuck and moving forward.
Personal Potential and High Achievement Therapies

At the Transformative Alliance, we know that a fulfilling life includes, the freedom and strength to explore your potential, the ability to use and enjoy your talents, and the know-how to overcome personal behaviors that stand in the way of your own success. Let us help you find your strengths, face your fears, and empower the necessary actions to create life you deserve.

Empowerment Therapy for attaining personal bests.

Conquer self-defeating beliefs and insecurities, face fears and unlock personal limitations to empower you self-esteem. This therapy concentrates on finding your strengths, addressing your weaknesses, uncovering your essence and overcoming inhibiting behaviors to attain your personal best.

High Achievement Therapy

Are you on the right track but marooned on a plateau, frustrated by the inability to expand through your own ceiling of success? Do you sense you should do things differently but are unsure of what to alter? We can assist you in pinpointing you behaviors and the emotional challenges that surround them so you can clear the path to achieve your highest levels of satisfaction in your professional and personal life.

From Chaos to Confidence: Taking Charge of your life

Does you life feel like it's spinning out of control? Do you find yourself frantic, trying to catch-up in a never ending cycle of too much to do? We can help you take charge of your life and gain the time and composure to enjoy it.

Living on all Cylinders: Living richly and feel joy

Do you feel trapped in areas of your personal growth or empty, even though it seems you have everything? Has the frustration of not changing caused you to accept personal limitations instead of expanding them to embrace possibilities? Do you sense there is more out there for you but don't know how access or explore it? We can help you discover a new personal path, access you joy, create richly dynamic relationships and make daily decisions that positively guide life.

Procrastination Solutions

We put the "can do" in the "must do".

Imagine the feeling of being on top of your responsibilities, handling issues as they come up and living a life unburdened by undone obligations. This therapy will put the Pro-Active into Procrastination and get you in the "can do cycle" so you have more time to enjoy life.

Replenishment Therapy

Replenishing emotional, physical, mental and spiritual depletion is 21st century life.

We are inundated with violence, catastrophe and demands. The pace of life is accelerating with moving parts that multiply. As sensitive, intelligent, emphatic human beings, it is no wonder we become exhausted and depleted.

How in the 21st century do we find the structure, discipline and raw physical energy to live an enriching and joyous life? What practical steps can we take to stay physically, emotionally, intellectually and spiritually nourished for ourselves, our families and our work?

This therapy will supply the nuts and bolts on how to harness and enhance personal energy, how to invigorate daily schedules, expand horizons, and how to replenish our minds and spirits. Using an energy wellness plan you will learn concentrate techniques to improve and invigorate your life at home, at work and from within.

Self-Destructive Behavior

Self injurious behaviors can be frightening to you and those in your life. We understand the unique meaning behind these behaviors and can help. We counsel all forms of self-abusive behavior from mild addictions to self-injurious, life-threatening behaviors, together we will create options to heal not to hurt.

Stress Relief

Gain the coping skills you need to handle stress, create balance, and negotiating problem solving behavior.

Sexual Dysfunction

Inhibited sexual desire, Obsessive sexual behavior, Addiction to pornography, these are only a few sexual dysfunctions. We will help explore with you the underpinnings of the dysfunction and help develop a plan for change.

Traumatic Stress as a result of Violence: Sexual Abuse, Incest, Rape, Domestic Violence.

Whether you are a childhood survivor of these traumas or these acts are currently happening in your life. Our programs are designed to help you.

FAMILY COUPLES AND CHILDREN

Life is complicated. It is difficult to create and maintain healthy relationships with those we love the most. It is not easy, whether we are trying to, effectively communicate feelings, establish rules for the household, navigate the waters of intimacy, guide our children toward a successful future or simply attempting to provide a healthy meal while working, studying and cleaning. The world and our family lives are increasingly more complex. Yet we all have the tools within ourselves and within our relationships to create the homes we want.

Through our programs whether parenting coaching, couples or family therapy, we will help you rediscover the resilience necessary to get you through and develop the skills needed to create to home life you desire and deserve.

Marriage Counseling

We can help you create and sustain a close, honest and mutually gratifying relationship. Whether you are struggling with profoundly serious relational patterns, sexual challenges, communication problems, or just a few bumps in your road, our methods of couples counseling can move you from pain, silence or anger to passion, restoration and love.

Family Dialog Project

The therapist mediates effective solutions for a family experiencing highly conflicting interactions. Often families use mediation as a way to attempt to reconcile what previously seemed irreconcilable. Many families have used the Family Dialogue Program to explore the future with members who have not communicated with each other for years.

It is a program that builds hope and safety where it might not have previously existed. Mediation is effective for families who want to develop pragmatic solutions to current problematic situations.

Child and Family Program – Transformative Alliance

Sound Assessments

We will help you assess the strengths and vulnerabilities of each individual member of your family and provide recommendations, for the most effective course of change.

Parent Education

We will provide you with many opportunities to learn about your parenting style and design structures that will work in your home.

Parenting Coaching

We will ask the right questions to help you discover the best ideas for supporting your child's growth and development.

Individual Therapy

Because we know that children often need their own person to play with, process with, and confide in, we provide creative individual therapy with children while regularly including the parents. It is important to keep the parents involved with their child's change.

Family Therapy

We encourage families to meet together, even if one of the children is the identified client. Every member is impacted, by each and every member. It is our experience that for the most effective change to take place, the entire family needs to be part of the journey and the plan for change. Change happens faster and last longer when we have the support and knowledge of one another.

