Overcoming Trauma and its Effects

Every person deserves the chance to work through the intense emotions and feelings connected to traumatic events. When trauma affects a person’s life, he or she sometimes turns to self-medication, compounding the issue. Resolution is necessary for that person to find relief and be able to live a full and healthy life again. Foundations Recovery Network offers a number of specialized trauma treatment modalities to help patients overcome repetitive thoughts and behavior patterns related to trauma. Regardless of the cause of trauma, our professional therapists are trained to help people from all backgrounds and circumstances to cope with trauma and its effects.

Identifying the Symptoms of Trauma

A person may turn to drugs and alcohol as an effort to escape feelings of anxiety and stress related to trauma. Re-experiencing the trauma—both mentally and physically—can be painful and uncomfortable, affecting the daily life of an individual. Self-destructive behaviors, panic attacks, intense feelings of anger, flashbacks, nightmares, insomnia, emotional exhaustion, depression, isolation and other related symptoms might affect a traumatized person. Foundations Recovery Network’s approach is to effectively help a person to overcome the trauma and its symptoms in an understanding and caring environment. We know that resolving trauma in a safe atmosphere is instrumental to recover from substance abuse and finding the ability to flourish in life again.

Untreated trauma can lead to relapse in the recovery process.
Understanding Trauma and Using Effective Methods

There are two main types of trauma. One type of trauma comes from a specific event that occurs in the individual’s life. The other type comes from continuous exposure to traumatic situations. This chronic type of trauma emerges cumulatively from ongoing events, such as emotional or physical neglect or chaotic circumstances; it is usually not tied to one particular event, and an individual may not even notice how it is affecting him or her until long after the damage has set in.

Both individual therapy and group psychotherapy help patients get a better understanding of trauma, and they can provide a much-needed sense of safety and support. Methods of treatment such as Cognitive Processing Therapy, EMDR and Dialectical Behavior Therapy have helped many to learn how to deal with the emotions and coping habits associated with trauma. Our approach is to treat trauma and accompanying issues, such as other mental health concerns and substance abuse, in an integrated way. We address these conditions simultaneously to significantly reduce the risk of relapse.

Trauma therapy in our rehabilitation program is characterized by its comprehensive and specific approach with evidence-based results of long-lasting recovery.

About Foundations Recovery Network

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

Having the Patient in Mind

At Foundations Recovery Network, our main interest is in helping our patients achieve physical, emotional, mental and spiritual health. The techniques and strategies used at our treatment centers are time-tested methods that have allowed patients to recover and live full, healthy lives. Trauma therapy is an important part of our integrated treatment approach, which is designed with each particular patient’s needs in mind. With professional care, peer support and effective therapies, our patients can find a clear path that leads to recovery from trauma and its effects. We want patients to have a transformative experience that will allow them to live their lives with freedom and a renewed sense of hope.