

Why is treating unresolved trauma during addiction recovery so important?

Simply put - **research links addiction and trauma**. Individuals with co-occurring mental health disorders such as depression, anxiety and PTSD are more likely to develop substance use disorders. (SAMHSA, 2016)

Trauma can stem from abuse or neglect as well as other painful or frightening experiences - whether experienced firsthand or witnessed. As a result of the trauma, the individual feels intense fear or helplessness, which can lead to serious long-term struggles with depression, anxiety, and addictive or impulsive behaviors.

Our recognition of trauma as a root cause of addiction isn't new but in recent years, there has been a welcomed resurgence in awareness and treatment of trauma as a co-occurring disorder.

Here at Terradyne, we understand this important connection and have developed our programs to fit the current best practices of delivering trauma-focused therapies alongside evidence-based SUD treatment.

“*Parallel treatment involves the individual delivery of a trauma-focused therapy alongside, but separate from, an evidence-based SUD treatment; this approach is considered most effective.*”

(Fareed, Ellender, Haber, Bremner, Whitfield, & Drexler, 2013; Ecker & Hundt, 2018)



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Terradyne Wellness Centre



*Personalized Addiction
Recovery Services*

Terradyne Wellness Centre

WHO WE ARE

Located on the Eastern Shore of Nova Scotia overlooking the Jeddore Harbour, Terradyne is a safe place offering a therapeutic environment away from life's stressors where individuals can concentrate on their recovery journey.

Our services are founded on the principles of personalized, evidence-based treatment plans that offer tailored services and supports.

Terradyne helps clients build bridges with employers, families and community-developing peer support.

*Celebrating
Recovery Together*

OUR SERVICES

30 to 90-day residential programs that include:

- Intensive individual counselling
- Trauma therapy
- Family specialist
 - Family and couples counselling
- Psychoeducation and group workshops facilitated by experienced therapists and social workers
- Healthy living program
 - Recreation therapy
 - Weekly nutrition and cooking classes
 - Gym and fitness regimes
 - Inground pool
 - Nutritious meals prepared by our private chefs
- Wellness program
 - Reiki
 - Head massage
 - Acupuncture
 - Art therapy
- Aftercare program
- Occupational transition planning (back-to-work)
- Accommodations
 - Private king suite with attached ensuite and ocean views, or
 - Semi-private room with attached ensuite and ocean views
- Housekeeping services

OUR THERAPEUTIC APPROACHES

- Strengths-based
- Person-centered
- Trauma-focused
- Cognitive Behaviour Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Grief Therapy
- Narrative Therapy
- Attachment-based
- Recovery-focused
- Relapse prevention

OUR TEAM

We are a team of professionals with experience in developing and executing evidence-based, personalized treatment for individuals dealing with addiction.

Our registered therapists, social workers, mental health workers, nutrition consultants, recreation therapists and chefs are dedicated to helping individuals achieve and sustain sobriety.