

# 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, Eilender, Haber, Bremner, Whitfield, & Drexler, 2013; Ecker & Hundt, 2018)*



## What kind of trauma-therapy do you offer?

Terradyne Wellness Center offers a unique approach to addiction treatment that incorporates individual talk therapy alongside EMDR (Eye Movement Desensitization and Reprocessing). Utilizing this approach allows our highly trained therapists to work with our clients to address not only the substance use, but everything else that may lead a person to use. Evidence shows that parallel therapies like Terradyne's approach is considered most effective to help achieve best results for recovery.

### What is EMDR Therapy?

EMDR is a non-drug, non-hypnosis psychotherapy. The therapist guides the client in concentrating on a troubling memory or emotion while moving the eyes rapidly back and forth (by following the therapist's fingers, a light bar, or by using TheraTappers). This rapid eye movement, which occurs naturally during dreaming, seems to speed the client's movement through the healing process. see [emdria.org](http://emdria.org) for more information.



## Terradyne Wellness Center



## Personalized Addiction and Trauma Treatment

**902-889-2121**

610 Myers Pt Rd, Head of Jeddore, NS

# Terradyne Wellness Center

## WHO WE ARE

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Terradyne is a safe place 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 that help individuals build bridges between where they are now and where they want to be.

## OUR SERVICES

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- 21-90 Day Residential Programs
- Intensive Individual Therapy
- Trauma Therapy
- Family Care Program
  - Family and Couples Therapy
- Psychoeducation and Group Workshops Facilitated by Experienced Therapists & Social Workers
- Healthy Living Program
  - Recreation Therapy
  - Weekly Nutrition Classes
  - Fitness Regimes
  - Nutritious Meals Prepared by Our Private Chefs
- Occupational Transition Planning (back-to-work)
- Aftercare

## OUR THERAPEUTIC APPROACHES

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- 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
- EMDR
- Recovery-focused
- Relapse Prevention

## OUR TEAM

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We are a team of professionals with experience in developing and executing evidence-based, personalized treatment for individuals dealing with an addiction. Our registered therapists, social workers, nutrition consultants, recreation therapists, and chefs, are dedicated to helping individuals achieve and sustain sobriety.