

TRAUMA RECOVERY AT CTAP: PATHWAYS TO CARE

Mount Carmel's Crime and Trauma Assistance Program (CTAP) offers no cost, evidence-based, outpatient mental health counseling for individuals impacted by trauma.

— Your Journey  Your Path  Your Pace —



SKILL BUILDING WORKSHOPS

Designed to help you feel more equipped and confident in your recovery

- Learn practical coping and grounding tools
- Better understand how stress and trauma affects mind and body
- Develop skills to manage emotions and daily challenges
- Connect with others in a supportive environment

This series of classes sets your foundation for trauma treatment. You may find that the knowledge and skills you learn here are helpful enough that you choose not to continue to more intense trauma treatment after.



EMDR PROCESSING WORKSHOPS

Supported trauma processing designed to help you move toward healing

- Use guided activities, drawing, and bilateral stimulation techniques
- Gently and silently process experiences at your own pace
- Receive support in a calm, structured, collective setting
- No sharing of trauma details

Although offered to a group, processing workshops allow participants to have private experiences. You may find that one session gives you the results you desire, or you may benefit from attending this workshop multiple times. Individuals with strong foundational skills may be referred directly into this workshop.



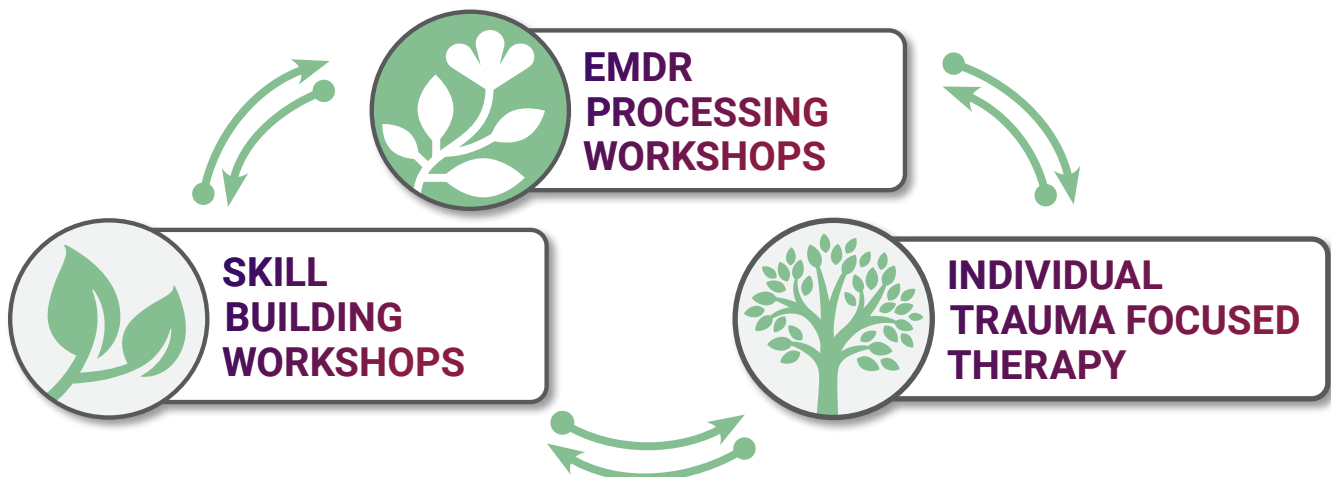
INDIVIDUAL TRAUMA FOCUSED THERAPY

Designed for situations where more focused support is helpful

- One-on-one sessions focused on your unique goals
- Trauma-intensive treatment based on your needs and experiences
- Additional support for concerns that may benefit from individualized attention

If trauma response symptoms are still impacting you after completing the workshops, and your schedule and responsibilities allows for weekly, trauma-focused treatment, you may be referred to individual therapy with a CTAP therapist or an outside provider.

Case Management and community resource support are available throughout any stage of CTAP services.



HOW MOVEMENT BETWEEN SERVICES WORKS

Healing and readiness for intensive trauma work is not always linear. You may move between different types of support over time. There is no one right path. Your care team is here to guide you.