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Workplace Trauma Intensive Outpatient Program

EHN Online's Workplace Trauma Intensive Outpatient Program (IOP) is an online therapeutic program for those who have experienced operational stress injuries or traumatic events in their line of work. The Workplace Trauma IOP is an eight-week holistic program that includes psychological, emotional and physical support. The intensive portion of the program consists of 9 hours of individual and group therapy per week, followed by 10 months of weekly group aftercare that supports ongoing recovery. This program offers a safe, virtual experience where you can begin the process of healing from workplace trauma.

INCLUDED IN THE PROGRAM

- Weekly individual therapy with an experienced trauma clinician
- Psychoeducational sessions relevant to trauma recovery
- Acceptance and Commitment Therapy (ACT) process group
- Coping skills and symptom management sessions
- Dialectical Behavioural Therapy (DBT) sessions
- Trauma-sensitive yoga and body weight strength classes
- Trauma-specific aftercare maintenance group

BENEFITS

- Build insight and awareness into the impact of workplace trauma
- Practical, applied skills to promote ongoing recovery from trauma
- Receive education and support with group peers who have shared life experiences
- Develop strategies to manage trauma symptoms and monitor the emergence of unhealthy coping mechanisms
- Set goals, track progress, and monitor recovery by using the Wagon app with specialized trauma content