

RESILIENCE OVER PSYCHOLOGICAL TRAUMA (RoPT)

At OrionHealth, we employ highly skilled and experienced clinicians who work synergistically with our clients and their support systems to help them meet the various life challenges that can occur after trauma. The emphasis is on empowering clients to lead productive and functional lives despite traumatic incidents.

As symptoms or disorders that may arise following psychological trauma range in terms of severity, intensity and prognosis, we offer a variety of interventions and disciplines depending on individual client needs.

The first step in recovery is obtaining a clinical intake assessment and determination if psychological factors are, in fact, related to a traumatic event. This information is then used to determine the client's treatment goals, approximate length of services and the professionals who will need to be involved in treatment.

Most of our services are delivered within an eight week time period with varying degrees of preparatory or following up work depending on client's needs for additional support. Our focus is on helping our clients build resilience so that they can move forward in a healthy way from the psychological trauma they have experienced.

TRAUMA

The psychosocial impact of trauma has been recognized for over a century, but it has not always been understood in the terms we know today.

Disorders that may result from a traumatic incident include:

- Posttraumatic Stress Disorder (PTSD)
- Acute Stress Disorder (ASD)
- Depression
- Adjustment Disorder
- Generalized Anxiety Disorder
- Agoraphobia
- Specific Phobias

There may also be co-morbid disorders, physical injuries, and pain that need to be addressed in conjunction with the psychological symptoms of trauma. Earlier intervention results in a better prognosis and shorter treatment time because as the symptoms continue, the conditions can become more complicated and affect an increasing number of areas in a person's life.

EXPOSURE AND SYSTEMATIC DESENSITIZATION

Exposure and systematic desensitization therapies are key components of our treatment intervention. We provide in vivo exposure in real-world settings. Graded exposure and systematic desensitization are done with a psychologist or our clinics.

ABOUT US

OrionHealth has provided specialized healthcare services for over 25 years. We help clients who have work injuries, experienced a trauma, suffer from chronic conditions, or need a specialized assessment. Our goal is to bring every individual who walks through our doors back to productive functioning. Our clinicians are innovative, highly skilled rehabilitation professionals who evaluate fairly, and provide individualized services that get results. We achieve outcomes that sustain long after our clients have left our care.

WHAT WE DO

At OrionHealth, you will be evaluated and treated in a timely manner. Every plan is fitted to each client; we work closely with you, your family and your referrers to provide a suitable, customized program that works. Our methods are based on over 25 years of leadership in best practice.

ORIONHEALTH

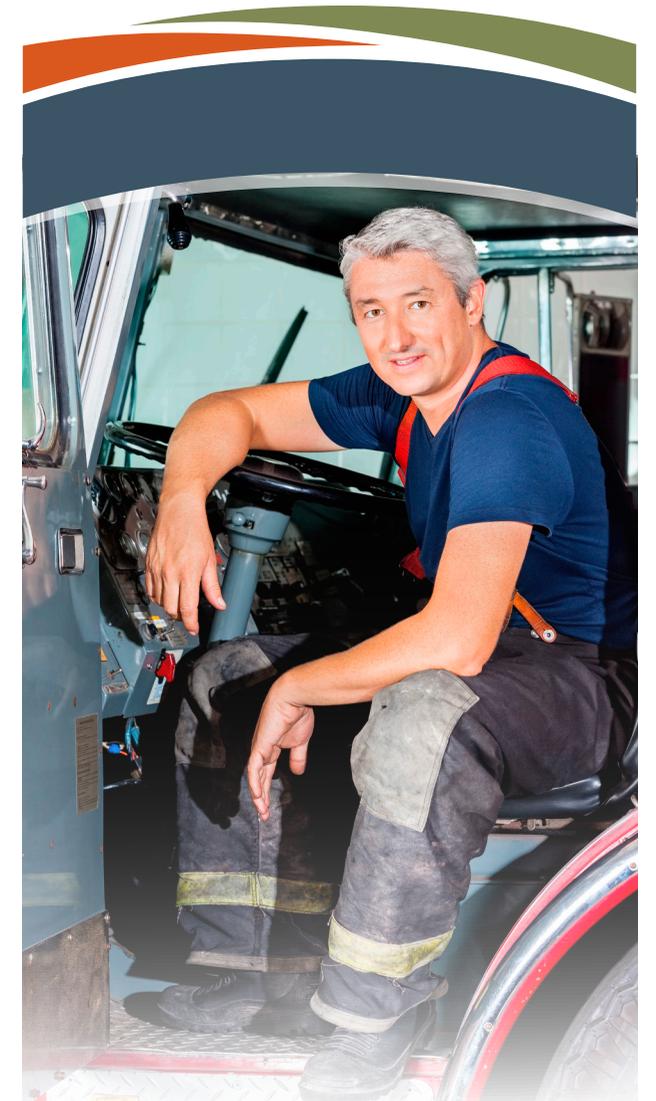
Burnaby • Calgary • Canmore
New Westminister • Surrey • Vancouver

*Programs vary by location,
visit our website for more information:*

www.orionhealth.net

OrionHealth is a member of the CBI Health Group, Canada's largest community healthcare provider, dedicated to comprehensive healthcare services that improve the health and enrich the lives of Canadians.

www.cbi.ca



RESILIENCE OVER PSYCHOLOGICAL TRAUMA (RoPT)

OrionHealth
REHABILITATION & ASSESSMENT CENTRES

Unlocking the potential in people through client-centered treatment.

INTERDISCIPLINARY TREATMENT FOR TRAUMA

We provide customized treatment plans to meet individual client needs through our team of highly skilled professionals, including:

- Psychologists
- Occupational Therapists
- Clinical Counselors
- Physiotherapists
- Kinesiologists

Our clients will receive the services of a psychologist who can incorporate the following into the treatment plan:

- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Prolonged Exposure Therapy (PET)
- Eye Movement Desensitization Reprocessing (EMDR)
- Graded exposure and desensitization
- Biofeedback and relaxation training



WORKPLACE REINTEGRATION

When an individual is not coping at work, our occupational therapists provide graduated return to work plans, exposure at the worksite, and job coaching to support return to work.

Our teams work closely with the worker, employers and other worksite stakeholders to devise a coordinated plan to reach treatment goals.

COMPLEX CASE MANAGEMENT

For people with more severe symptoms, physical injuries, or those socially isolated, more intensive treatment may be indicated. This may include group treatment (group therapy, relaxation training and psychoeducation) as well as interventions such as physiotherapy, occupational therapy, and kinesiology. This interdisciplinary approach allows all areas of the biopsychosocial model to be addressed.

We provide a compassionate setting where clients with similar concerns can support one another. Greater frequency of contact also ensures behavioural monitoring and provides additional clinical support as needed.

ENSURING ONGOING SUCCESS

Once treatment is completed, follow up with clients will occur to ensure ongoing success. The treatment team may also communicate with others in the client's extended circle of care and support such as family members, employers, disability providers, family physicians, and other community treatment providers in order to ensure positive results are sustained.

Our comprehensive, interdisciplinary treatment approach is unique in that it is customized to each individual and dynamic in its delivery. Services are delivered in both group and one-to-one settings, and treatment may take place in the clinic or community.

Our clinicians continuously communicate with one another. They are also prepared to coordinate treatment with established community-based providers as needed. Treatment goes beyond the office and into real world settings to address specific anxieties and triggers.

Success is measured objectively by reduction in anxiety, sustainable return to multiple areas of functioning, and increased resilience to cope with adverse life events.

OrionHealth has been successful in treating clients who have witnessed fatalities, been victims of crime, been victims of verbal or physical assault, or who have been involved in serious accidents or events.



OrionHealth's evidence-based assessment and treatment services have been achieving excellent rehabilitation outcomes since 1989. Our focus is on unlocking the potential in people through:

- Individualized, needs-based care that centers around the client
- Access to specialized professionals who work in a team environment
- Collaboration with referral sources and employers as well as other professionals
- Sustainable and timely treatment outcomes