



Therapeutic components of the Trauma and Loss Clinic:

- Group Therapy
- Family Therapy
- Parenting Education
- Individual Therapy
 - Play Therapy
 - Trauma Focused Cognitive Behavioral Therapy
 - Structured Sensory Integration for Children, Adolescents and Parents (SITCAP)
 - Other trauma and attachment based therapies

The program is intended for ages infant to 21. Group therapy sessions will be organized by age appropriate levels, and similarity in causes of trauma. Some examples include; grief, dealing with death, divorce/separation, specialized foster care groups, and abuse.



Our clinic facilitators have extensive experience and training in child development, trauma related issues, and evidence-based practices for treating trauma and loss.

Melanie Broadwater, MA, LPC, NCC

Drew Krantz, MA, LPC, NCC, and CT (Certified Trauma Specialist)

For more information, or to schedule an appointment to begin services, please call **724-983-5454, option 3.**



Behavioral Health Services

Service, Support and Recovery Close to Home

2375 Garden Way

Hermitage, PA 16148

www.sharonregional.com/bhs

Child and Adolescent Trauma and Loss Clinic



BEHAVIORAL HEALTH SERVICES

SHARON REGIONAL  HEALTH SYSTEM

Service, Support and Recovery Close to Home

www.sharonregional.com/bhs

What is trauma?

Trauma is a sudden, dramatic, violent or non-violent, event that results in overwhelming, uncontrollable feelings of helplessness, vulnerability, and loss of safety and control.



What is grief?

Grief is intense and painful emotions experienced when someone or something a person cares about either dies or is lost.

A variety of events can cause trauma/loss.

- Automobile accidents
- A serious injury
- Domestic violence, school violence
- Unexpected death of a loved one
- Natural disasters
- Physical or sexual abuse
- Out of home placements

Children who experience an extreme psychological reaction that lingers and affects their daily lives, long after the traumatic event has ended, may have a trauma related disorder.

What if trauma isn't treated?

If left untreated, trauma can interfere with a child's healthy development and lead to long term difficulties in school, relationships, and the ability to participate in daily life.

Common responses to trauma

- Continued thoughts and images of what happened that cause physical and emotional reactions, similar to those during the traumatic experience, that become part of the child's daily life.
- Avoidance of any situation, person or place that reminds the individual of what happened in an attempt to keep thoughts, feelings and images of the event from coming back.
- The body may remain on "heightened alert" causing changes in mood, concentration, strong physical and emotional responses (to be easily startled), and ongoing physical symptoms (stomachache or headache).

Our staff have extensive training and experience in helping children who have been traumatized to overcome these unhealthy responses and instead relearn the skills needed to reconnect with their family and friends. They also provide the support and education needed by the family.



A trauma is like no other experience.

"Most of what works for other problems does not work for trauma related reactions and problems."

(Institute for Trauma and Loss in Children, 2010)



Trauma in infants and children

Trauma does not only impact school age children. Infants can also experience a traumatic event that influences their ability to develop a healthy bond with their parents or caregivers.

Behavioral Health Services clinicians have the training to provide the intensive sensory therapy needed to help infants and young children form healthy bonds with their parents or caregivers and other loved ones.

Our goal

Behavioral Health Services will help children and teens who have experienced significant trauma and loss. This includes, but is not limited to, abuse, neglect, accidents, frequent moves, foster care, adoption, exposure to domestic or other violence, divorce, grief.