



Healthcare Heroes Trauma Recovery Programs

Healthcare Heroes Program

Healthcare workers, as healers, work to reduce the suffering of others. The novel coronavirus COVID-19 pandemic has taken a toll on everyone, but it has taken a toll on healers in a uniquely painful way.

Burnout, compassion fatigue and depression were already common for many healthcare workers, including nurses, physicians, psychologists, respiratory therapists, healthcare technicians, social workers and other professionals. In addition to these challenges, trauma and grief are prominently felt by our healthcare heroes as they have been battling the crisis on the frontlines. Difficult moral and ethical decisions have been made by healthcare professionals in recent months, and the injurious toll of these decisions can weigh heavily on the spirit. When the journey has been burdensome, the path becomes uncertain.

We, at Sierra Tucson, have created specialized trauma healing programs so that you can seek the recovery and revitalization you need at this time. We are here for you, ensuring privacy and support as you process vicarious trauma, restore confidence, and rebuild your own well-being.

Understanding the complexity of the challenges healthcare workers are facing, Sierra Tucson offers three tiers of trauma recovery programming to address the invisible wounds that are either new or have been exacerbated by the pandemic. Our trauma healing program reinforces that working with our own physiology is vital for overall healing of the mind, body, and spirit. For over 30 years, our integrative approach blended with our cutting-edge medical interventions have proven highly successful in assisting individuals along their healing journey. Candidates for these programs will begin with a complimentary tele assessment conducted by a trauma healing counselor to determine their individual treatment recommendations.

Renew & Heal - 5-Day Residential

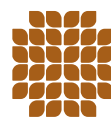
Renew and Heal is a 5-day residential program for healthcare workers who are in need of recovery and revitalization from the intensity of their work during the pandemic.

Trauma Intensive - 14-Day Residential

Trauma Intensive is a 14-day residential program for healthcare workers who are aware of the impact that their work has had on their lives and who feel that their overall functioning has declined due to the intensity of their work during the pandemic.

Trauma Healing Program - 30-Day Residential

Trauma Healing Program is a 30-day or longer residential program for healthcare workers who are aware of the significant impact that their work has had on their lives and who may possibly have prior trauma that has been exacerbated by their work during the pandemic. This program is our signature trauma program and will allow for a multitude of healing opportunities, including a 4-day family program.



SIERRA TUCSON®
Where Change Begins®



Renew and Heal - 5-Day Residential

Group of 4-7 Participants (Professional Cohort)

- **Assessments**
 - Adverse Childhood Experiences
 - Resilience
 - Coping Self-Efficacy
- **Trauma & the Physiology of Healing**
 - Compassion Fatigue
 - Vicarious Trauma
 - Mindfulness
 - Grief & Loss
 - Financial
 - Career
 - Moral Injury
 - Equine-Assisted Therapy
 - Biofeedback
 - Nervous System Healing
 - Massage & Acupuncture
 - Trauma Yoga
- **Peer Support**
 - Pairing with a Sierra Tucson Professional

Trauma Intensive - 14-Day Residential

- **Assessments**
 - Adverse Childhood Experiences
 - Resilience
 - Coping Self-Efficacy
- **Intensive Individual Physiological Healing Sessions:**
 - Nervous System Healing
 - Eye Movement Desensitization & Reprocessing
 - Biofeedback
 - Revisioning - Grief Work
 - Equine-Assisted Therapy
- **Adventure & Physical Restoration**
 - Trauma Yoga
 - Hikes
 - Ropes Course
 - Nutrition Counseling
 - Movement Groups
- **Family Dynamic Education Session**

Signature Trauma Program - 30 days or more

- **Assessments**
 - Adverse Childhood Experiences
 - Resilience
 - Coping Self-Efficacy
- **Group Work**
 - Primary Process Group (8 hours weekly)
 - Equine Psychotherapy
 - DBT
 - Grief & Loss
 - Psychoeducational Workshops
 - Trauma Work
 - Movement
- **4-Day Family Process & Psychoeducational Program**
- **Adventure Therapy**
 - Ropes Course
 - Climbing Wall
- **Individual Work**
 - Psychiatric Medical Provider
 - Primary Therapist
 - Trauma Therapist
 - Nutritionist
 - Body Work
 - Personal Trainer
- **Continued Care & Connect365/Alumni Services**