



Trauma Treatment Program



SIERRA TUCSON®

Where Change Begins®



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Trauma and PTSD Program

At Sierra Tucson we recognize the debilitating symptoms of post-traumatic stress disorder (PTSD) and the inner turmoil caused by traumatic experiences in one's childhood or during adulthood can hinder an individual's functioning in a negative way.

We understand you may be feeling on edge, have difficulty concentrating, or feel hopeless. You are not alone. Our team of full-time, on-site doctors and clinicians focus on providing world class treatment to all of our residents to deliver positive outcomes.



Our Treatment Approach

The goal our Trauma Recovery Program is to improve your day-to-day functioning and quality of life, providing stabilization, and reduction of symptoms by reconnecting you with the strengths that enabled you to survive the original trauma. We use a holistic program designed to treat the entire person-mind, body, and spirit to solve the entire problem, while providing the best comprehensive medical and clinical care.

As you learn to draw on your own strength and resiliency, you'll discover new tools for moving forward instead of being controlled by past trauma. And you'll take home a comprehensive set of new skills, insights, and resources to sustain the journey of recovery that begins here.

**For more information
call 844-215-1400 or visit
SierraTucson.com/Trauma**

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