

QUESTIONS FOR CONSIDERATION BEFORE ENTERING AN INPATIENT TRAUMA PROGRAM



Trauma/PTSD/Dissociation may be used depending on the issue you are seeking treatment for.

See if you can talk to the unit manager rather than admissions, but if not, feel free to ask admissions, and if necessary, ask them to get back to you. You may want to make the call to the program with your therapist so that way if there are follow up questions you may ask them together. Your therapist may have other questions you might not think of.

Is your trauma program a separate unit or on a general unit with other patients?
If on a general unit, are there rooming arrangements set up special for trauma patients?

Are there 1 or 2 trauma groups for the day, or is the entire day filled with trauma specific groups?

Do your group therapists have specialized training in trauma treatment and recovery?

Does your program offer individual therapy in addition to group?

If so, how many times a week?

Does your individual therapist have specialized training in trauma treatment and recovery?

Would my therapist there communicate with my therapist at home?

How long is the program?

Do you take my insurance (ask if it's in or out of network)?

What do I need to bring to the program?

May I bring my favorite stuffed animal?

Can I bring my laptop/ipad?

If applicable:

I have a lot of flashbacks. What will happen if I start flashing there? How do staff generally deal with flashbacks?

I have DID, and I don't always have control of my parts. Have you worked with patients with alters before?

How do you handle it when another part comes out who isn't really supposed to be out at that time?

Support for Survivors of Trauma

PO Box 127, Shepardsville, IN 47880

www.hope4christianrecovery.org