

5 REASONS OUR PROGRAM WORKS

HERE ARE THE UNIQUE QUALITIES THAT MAKE ENCOURAGE SO EFFECTIVE FOR HEALING TRAUMA



COMMUNITY & COLLABORATION

When we have been hurt, we may isolate to protect ourselves from getting hurt again. But here's the thing: it is only through healthy, safe attachments that we can heal. In our closed groups, you complete your treatment with the same people from start to finish so that you can develop healthy attachments with people who understand what you've been through. After the IOP, you can continue your work together in our alumni group.

We work closely with your therapist and other members of your treatment team to support the work you are doing with them. This helps us target the work you are doing with us most effectively.



LEARNING, TO UNDERSTAND

Often, victims of trauma blame themselves for their difficulties coping with life. When we learn how trauma can impact us, affecting so many aspects of how we live, we realize that our struggles are not our fault and we can begin to replace self-blame with self-compassion.

We strongly believe that "Hope comes through understanding," as our mentor Dr. Jon Allen likes to say.



THE MIND-BODY CONNECTION

Trauma lives in our nervous system, impacting our mind (thoughts, emotions, relationships with others and self) and our body (chronic illness, pain, stress, fatigue, sleep).

By practicing mindfulness and mind-body connection during our groups, group members learn to retrain the mind and physiology to manage the stress of dealing with and healing trauma. Group members learn by doing how to ultimately transform how they take care of themselves in everyday life.



HARNESSING YOUR STRENGTHS

We recognize that you may be focused on the problems and challenges you are having, but we believe that recognizing and using your strengths will take you beyond surviving trauma to thriving in your life and healing your relationship with yourself.



ASSESSMENT OF YOUR PROGRESS

We measure your progress with a set of questionnaires that you fill out before and after you participate in the program. We will share with you the results so that you can see what you have accomplished and what you want to work on as you continue your healing work.