

# Dissociative Disorders and Trauma Program

The Dissociative Disorders and Trauma Program provides a comprehensive range of services for adults who suffer from the effects of childhood abuse or other painful traumatic events. A pioneer in the treatment of trauma survivors, the program maintains a strong reputation among patients and referring clinicians for its balanced emphasis on stabilization and healing. Staff members have extensive experience working with individuals who have presented with such difficulties, as depression, post-traumatic stress and personality disorders. They are particularly attuned to the needs of their patients, many of whom also may suffer from intrusive thoughts and feelings related to traumatic events, emotional numbing and social isolation, memory difficulties, altered perceptions and personality fragmentation. Many trauma survivors also experience intense difficulties with trust and relationships, shame and negative self-images, and self-destructive or suicidal impulses that further complicate treatment.

## Treatment Approach

Over the past decade, the Dissociative Disorders and Trauma Program has developed a model of treatment that is highly sensitive to the needs of trauma survivors. Emphasis is placed on the overall psychological health and functioning of the individual and not simply on identifying and working on trauma. Given the highly chaotic and disrupted early environments of many trauma survivors, the program emphasizes the need for patients to develop solid relational skills and control of symptoms prior to embarking on the exploration and emotional release of traumatic experiences. Patients are encouraged to acknowledge and deal with traumatic history, while maintaining control, safety and functioning. Patients receive help in gaining control over their own experiences, so that they can proceed in treatment without being retraumatized by the intense feelings and experiences that invariably arise throughout treatment.

Treatment at all levels emphasizes respect and collaboration, interpersonal relationships, psychological education and healing.

## Program and Services

The Dissociative Disorders and Trauma Program offers a variety of intensive services to meet patients' needs effectively and flexibly. Acute inpatient hospitalization and partial hospital

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*McLean Hospital is the largest psychiatric facility of Harvard Medical School, an affiliate of Massachusetts General Hospital and a member of Partners HealthCare.*





# McLean Hospital

services with residential options are all available. Treatment plans are developed with a commitment to maintaining continuity when patients make a transition from one level of care to another.

## **Inpatient Care**

Inpatient care offers a full range of diagnostic and treatment services, and is available for men and women who are overwhelmed and in crisis. Stabilization and containment of symptoms are goals of the program.

## **Partial Hospitalization**

The partial hospital program offers an intensive treatment experience for patients who do not require inpatient hospitalization but need a more structured, in-depth form of treatment than is possible in an outpatient setting. Patients may utilize partial hospital services as an adjunct to individual therapy, as a transition from inpatient hospitalization or as an alternative to hospital care.

## **Staff**

The Dissociative Disorders and Trauma Program staff has extensive clinical, teaching and research experience in working with patients with abuse histories. The multidisciplinary team is comprised of psychiatrists, psychologists, social workers, nurses, rehabilitation specialists and counselors.

## **Insurance Information**

McLean accepts Medicare, Massachusetts Medicaid and many private insurance and managed care plans.

## **Contact**

For further information about the Dissociative Disorders and Trauma Program, call 1.800.333.0338 or visit the McLean website at [www.mclean.harvard.edu](http://www.mclean.harvard.edu).