

Access to Services

Forest View Hospital, located in Grand Rapids, Michigan, provides assistance 24 hours per day for referrals, assessments, and crisis admissions. All inquiries are confidential. We provide free assessments and when treatment is appropriate, the staff can assist with financial assessments or other inquiries.

The Trauma Program at Forest View Hospital is covered by most health insurance plans including Medicare. Forest View Hospital is licensed by the State of Michigan and is accredited by JCAHO.

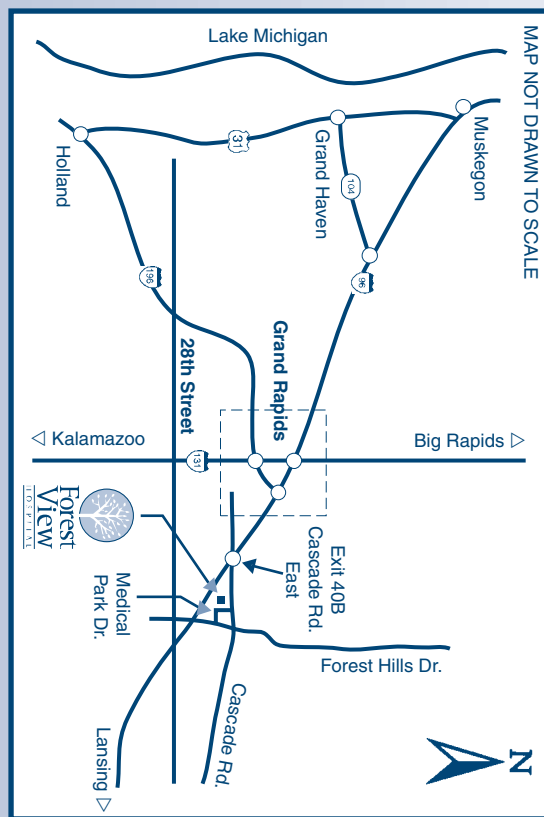
**For further information,
call
Forest View Hospital
Assessment
and Referral Center
1-800-949-8439**

Visiting Professionals Program

The Trauma Program at Forest View Hospital is an educational program that provides professionals the opportunity to experience a variety of group therapy interventions including Art Therapy, Anger Management, Psychodrama, Trauma Education and Cognitive Therapy. Visiting professionals are included in multi-disciplinary treatment team meetings and the patient milieu. For more information regarding the Visiting Professionals Program, please contact the Business Development Office at 616-954-3135 or visit us on the web at www.forestviewhospital.com.

FOREST VIEW HOSPITAL

1055 Medical Park Drive SE
Grand Rapids, MI 49546
616-942-9610
www.forestviewhospital.com



Other Services at Forest View Hospital

- General adult program
- Specialized treatment for children and adolescents
- Specialty treatment for eating disorders
- Dual diagnosis (substance abuse)
- Inpatient and partial hospitalization
- Free assessments and referrals to all programs.

FOREST VIEW HOSPITAL

Psychological Trauma Treatment Center



1055 Medical Park Drive SE
Grand Rapids, MI 49546
www.forestviewhospital.com

THE PSYCHOLOGICAL TRAUMA TREATMENT CENTER at Forest View Hospital is an intense, comprehensive treatment program for adult men and women who have any kind of trauma history. This program, under the direction of Colin A. Ross M.D., an internationally renowned clinician, researcher, and author, is based on the belief that severe, chronic, unresolved trauma and attachment conflicts interrupt the normal human developmental process of integration of the personality. The result is fragmentation of the personality manifested through multiple symptoms resulting in multiple diagnoses, including personality disorders.

Within the Trauma Program

at Forest View Hospital, patients learn to identify conflicts and unlearn distorted thoughts related to trauma and identity. The program does not utilize regressive therapies, such as attempting to retrieve lost memories. The model is designed as a highly structured inpatient program that can be stepped down to the Partial Hospitalization program. The goal of treatment is to use the structure and therapeutic processes of the Trauma Model for stabilization, to generate improved functioning, and a return to outpatient therapy.

Signs of Unresolved Trauma

- Suicidal Ideation
- A pattern of out-of-control and self-injurious behavior
- Staying stuck in the victim or perpetrator roles
- Inability to tolerate feelings or conflicts
- Disorganized attachment patterns
- Intense self-blame and feelings of worthlessness
- Extensive comorbidity/multiple diagnoses
- Black and white thinking and other cognitive distortions
- Intrusive thoughts, images, feelings and nightmares
- Self-destructive addictions
- Pathological dissociation

Treatment Approach

The Trauma Program and Forest View Hospital provides an integrated approach to treatment by focusing on core problems of disorganized attachment, self-sabotaging behavior and distorted thinking. Principles of treatment include systematic desensitization, affect management, skill building, grief resolution and cognitive restructuring. Each patient is provided with individual therapy and group therapy. Medication management is also included in the treatment regime as warranted.

Treatment Team

In addition to the patient, the treatment team includes a psychiatrist, social worker/therapist, registered nurse, activity therapist, outpatient therapist and other mental health clinicians. Each team member has both the training and skills necessary to meet the unique needs of each person. The staff fosters a teaching environment that emphasizes individual patient responsibility and the development of tools to support a successful discharge plan.

Major Program Components

- Medical Evaluation and Treatment
- Individual Therapy
- Regular Sessions with a psychiatrist
- Group psychotherapy
- Anger Management Group
- Art therapy
- Psychodrama
- Case Management and Aftercare Services
- Cognitive Therapy
- Trauma Education

Consulting with Referring Professionals

Consultation with referring professionals, payors and other outpatient treatment providers occurs prior to admission to the Trauma Program. Referral sources are kept informed of the patient's progress from admission through discharge and are considered to be part of the treatment team. All discharge plans are carefully coordinated with the outpatient treatment provider.

*The mission of Forest View Hospital
is to provide quality treatment with compassion and respect.*