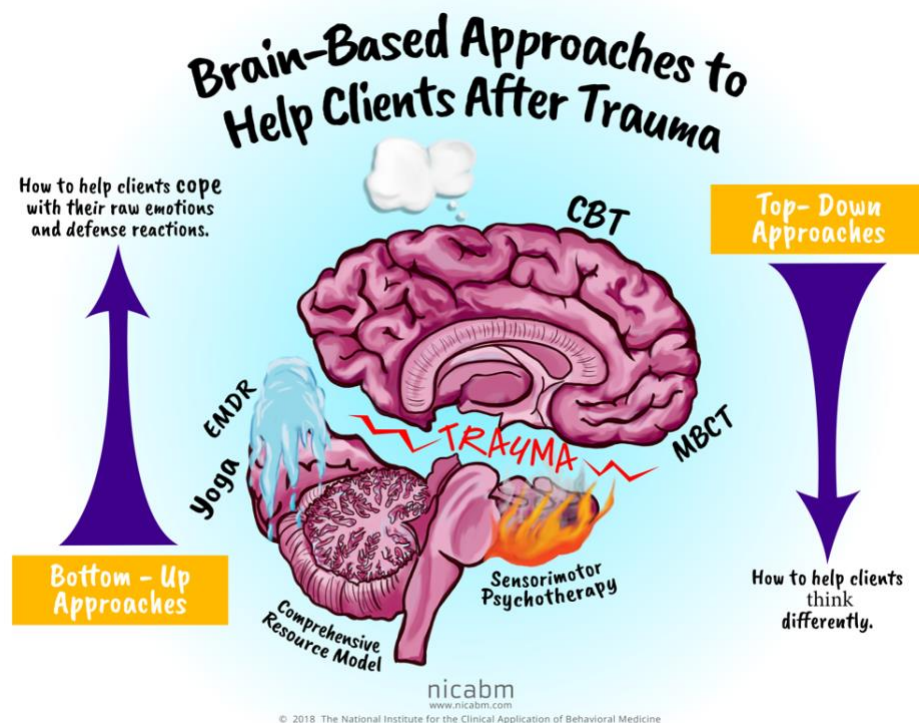




What is Trauma? Trauma comes from the Greek word meaning “wound”. The Substance Abuse and Mental Health Services Administration (SAMHSA) outlines the 3 “E’s” of trauma; the *Event*, the *Experience* and the *Effects*. According to SAMHSA, “trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being”.

We can experience developmental, intergenerational, vicarious, systemic and collective trauma and it can be acute or chronic. Trauma can lead an individual to feel injured, wounded, dysregulated and unsafe in their body. The injury and resulting emotional/physical/psychic/spiritual pain can increase the risk of developing an addiction due to the need for self-medication and pain relief. If you have experienced trauma, you are deserving of care and support. Everything you have done or not done to cope can be seen as adaptive, it makes sense and has helped you survive.

This resource handout includes some “bottom-up” approaches to trauma treatment. These approaches privilege listening to information acquired from the body and assist an individual healing from trauma to learn what feeling safe and regulated in their mind-body feels like. Approaches that keep the body front and centre during treatment include Eye Movement Desensitization and Reprocessing (EMDR), Sensorimotor Psychotherapy (SP) and others. Traditional trauma-focused cognitive-oriented therapies are viewed as “top-down” approaches and use reasoning, rationality, logic and the thinking centres of the brain. With trauma, our body’s physiological alarm system can become overly sensitized and can get activated repeatedly. When this happens, it causes our thinking brain’s functions to go offline. A “logic first” trauma-informed cognitive approach may be helpful for individuals who do not have persistent difficulty with self-regulation and nervous system dysregulation (living chronically in “fight, flight” or “freeze”). “Top-down” trauma treatment approaches include Cognitive Behavioural Therapy (CBT), Cognitive Processing Therapy (CPT) and others.



Healing from trauma is a process, one size does not fit all and there is no “right” trauma treatment method for everyone. Regardless of the therapy modalities used, in any therapy context, the therapeutic relationship between client and therapist is the most important aspect of, and indicator for, successful therapy treatment and healing. If you do not feel the therapist you are working with is right for you, remember that it may take some time and investment for you to find a therapist you trust and who feels like a good fit.

**HOSPITAL BASED SERVICES (OUTPATIENT) - OHIP COVERED / FREE**

CAMH - Aboriginal Service | Outpatient individual & group counselling to people who self-identify as First Nations, Inuit or Métis and are experiencing substance use & other mental health challenges | Self-referral | <https://www.camh.ca/en/your-care/programs-and-services/aboriginal-substance-use-outpatient--counselling-service> | Call Access CAMH 416-535-8501 press 2

CAMH - COMPASS (Concurrent Outpatient Medical & Psychological Addiction Support Services) | Outpatient trauma-informed group therapy for people with addiction and trauma | Self-referral | <https://www.camh.ca/en/your-care/programs-and-services/compass> | Call Access CAMH 416-535-8501 press 2

CAMH - Rainbow Services | Outpatient group therapy support for people who identify as lesbian, gay, bisexual, transgender, queer and two-spirit and are concerned about their drug/alcohol use | Self-referral | <https://www.camh.ca/en/your-care/programs-and-services/rainbow-services-lgbtq> | Call Access CAMH 416-535-8501 press 2

CAMH - Integrated Day Treatment Service | Outpatient, day-based service for individuals who would benefit from intensive programming for mood and anxiety, trauma and addictions | Physician referral required | <https://www.camh.ca/en/your-care/programs-and-services/integrated-day-treatment-service>

Mt. Sinai Hospital - Psychological Trauma Assessment & Consultation Clinic | Trauma assessment & consultation service for individuals (no treatment is provided) | Assessment report & treatment recommendation report will be sent to referring physician | Physician/NP Referral required | <https://www.mountsinai.on.ca/care/psych/patient-programs/trauma-clinic>

Scarborough Hospital Network - Sexual Assault & Domestic Violence Care Centre | Outpatient trauma-informed care to male, female, transgender youth age 12 and over & adults who have recently experienced sexual assault or intimate partner violence | Self-referral | <https://www.shn.ca/how-our-sexual-assault-domestic-violence-care-centre-can-help/> | 416-495-2555

Women's College Hospital - Sexual Assault & Domestic Violence Care Centres | Outpatient trauma-informed care to male, female, transgender youth age 14 and over & adults who have recently experienced sexual assault or intimate partner violence | Self-referral | <https://www.womenscollegehospital.ca/care-programs/sexual-assault-domestic-violence-care-centre/> | 416-323-6040

Women's College Hospital – Trauma Therapy Program | Outpatient trauma focused therapy that is primarily group-based for adults who have experienced childhood (occurred between ages 0-18) interpersonal trauma (including physical, sexual, emotional abuse and/or neglect) | Physician/NP referral required & referrals are only accepted on the 2nd Wednesday of each month | <https://www.womenscollegehospital.ca/care-programs/mental-health/trauma-therapy-program/> | 416-323-6230

Women's College Hospital – Seeking Safety Treatment Group | Outpatient treatment group designed for people with a current substance use disorder, a relational trauma history and symptoms of PTSD. This group emphasizes the relationship between substance use and trauma | Physician/NP referral required | 416-323-6230 | <https://www.womenscollegehospital.ca/care-programs/mental-health/mental-health-in-medicine-program/groups/>



COMMUNITY BASED SERVICES - OHIP COVERED / FREE

Canadian Centre for Victims of Torture | Individual & group programs, settlement services & peer support for survivors of torture & war | Self-referral | <http://ccvt.org/> | 416-363-1066

The Gatehouse | Group programs for adult survivors of childhood sexual abuse | Self-referral | <https://thegatehouse.org/> | 416-255-5900

The Jean Tweed Centre for Women & their Families | Services for women experiencing problems with substance use and/or gambling that are trauma informed. Services include individual trauma therapy, group trauma therapy and case management support | Self-referral | <http://jeantweed.com/i-want-help/> | 416-255-7359

Medical Psychotherapy Association Canada (MDPAC) | OHIP covered therapy with a physician who practices psychotherapy | Physicians have listed their areas of interest and the types of therapy provided | Self refer by calling or emailing the physician you are interested in working with | <https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html>

Mood Disorders Association of Ontario (MDAO) | Offering support groups, Wellness Recovery Action Plan (WRAP), and various programs to help people struggling with mood disorders | Self-referral | 1-888-486-8236 (Monday-Friday, 9:30am-5pm) | <https://mooddisorders.ca/>

Survivor Support Programs @ Toronto Distress Centre | Individual & group support for survivors of suicide & homicide loss || Self-referral | <https://www.dcoqt.com/suicide-loss/> (suicide loss) & <https://www.dcoqt.com/homicide-loss/> (homicide loss)

Sherbourne Health Centre | Individual & group counselling trauma-informed services for survivors of abuse and other forms of violence related to war, poverty, racism. Primary populations served are LBBTQ, homeless and newcomers but all survivors are welcome | Self-referral | <https://sherbourne.on.ca/mental-health-services/counselling-services/> | 416-324-4100

The Toronto Rape Crisis/Multicultural Women Against Rape (TRCC/MWAR) | Counselling, support groups, information & referrals for all survivors of sexual violence | Self-referral | <https://trccmwar.ca/> | 24-H Crisis line: 416-597-8808

Trauma Practice | A collective of trauma-informed therapists who offer free online clinician-led group programs for trauma recovery | Self-referral 416-733-3838 or email info@traumapractice.org or sign up online from the website <https://traumapractice.org/our-programs/>

NON-INSURED HEALTH BENEFITS (NIHB) FOR FIRST NATIONS & INUIT

NIHB covers the cost of mental health counselling for eligible First Nations & Inuit individuals | Every 12 months, eligible clients can access up to 22 hours of counselling by an approved and enrolled mental health clinician and the amount of counselling hours may be increased, based on need | Contact NIHB headquarters via phone 1-800-567-9604 or e-mail: sac.nihb-ssna.isc@canada.ca | <https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517>
<https://nihb.express-scripts.ca/NIHBProvider/benefits/client>



SLIDING SCALE / LOWER COST THERAPY

Affordable Therapy Network | Collective of therapists trained in CBT, EMDR, IFS, somatic/body oriented treatments | Fees are \$65 (low cost) and \$90 (sliding scale) per session | Self-referral | <https://affordabletherapynetwork.com>

Artists' Health Centre | Financial assistance is available for sliding scale short term trauma-informed therapy for individuals identifying as artists | Applications are assessed based on financial need, medical need and eligibility as a professional artist | Self-referral 416-603-5263 | https://www.uhn.ca/Medicine/Clinics/Artists_Health_Centre#about

Family Service Toronto | Therapists are trained in CBT, EMDR, Sensorimotor and other trauma-informed therapies and provide support to individuals, couples and families | Fees are charged on a sliding scale based on household income and are designed to be accessible for all income ranges for anyone living or working in the city of Toronto | Self-referral | 416-595-9618 | <https://familyservicetoronto.org/our-services/programs-and-services/counselling/>

Hard Feelings | Collective of trauma informed therapists offering 12 sessions of psychotherapy ranging from \$60-\$80 per session | Self-referral | To view counsellor profiles and connect, visit <https://www.hardfeelings.org/>

Open Path Psychotherapy Collective | Trauma-informed therapist providing psychotherapy sessions between \$30-\$60 per session | Self-referral <https://openpathcollective.org/>

FINDING A PRIVATE TRAUMA-INFORMED THERAPIST – FULL FEE

Greenspace Health is a therapist matching service in Ontario | Prospective clients complete an online intake form and are contacted by a case manager to discuss budget, location, modalities of interest and are matched with a therapist | <https://www.greenspacehealth.com/en-ca/patients>

Layla offers a matching service in Ontario | Prospective clients can complete a short online intake and are contacted by a care coordinator for a free consult regarding their therapy needs | <https://www.layla.care/start>

Find a Social Worker is a directory of social workers in private psychotherapy practice | Prospective clients can search by region, area of expertise, language and gender and contact clinician(s) directly to book free consults | <http://www.findasocialworker.ca/> |

Therapy Tribe is a directory of therapists | Prospective clients can search by location and specialization for a list of qualified mental health professionals and contact them directly to book free consults | <https://www.therapytribe.com/therapist/ontario-on-toronto/>

Psychology Today is a well-established directory of therapists | Prospective clients are provided many filters for their search and can view profiles and contact the therapist(s) of their choice to book a free consult | <https://www.psychologytoday.com/ca/therapists/on/toronto>

EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR) – FEE BASED

EMDR is an integrative psychotherapy approach developed by Francine Shapiro, Ph.D. It has proven effective for the treatment of trauma and other mental health problems, including panic attacks, dissociative disorders, addictions, etc. It was initially developed for trauma and PTSD and designed to alleviate the distress associated with traumatic memories using a detailed set of protocols and procedures. EMDR is an eight-phase treatment and eye movements (or other bilateral stimulation) are used during one part of the sessions.

To learn more about EMDR, visit <https://www.emdria.org/about-emdr-therapy/>

To review profiles of EMDR trained therapists in the Toronto area, visit <https://emdrcanada.org/find-a-therapist/?search=toronto&province=ON>



SENSORIMOTOR PSYCHOTHERAPY (SP) – FEE BASED

SP is a complete therapeutic modality for trauma and attachment issues that welcomes the body as an integral source of information and healing and unifies the mind and body. The method was developed by Pat Ogden, Ph.D. in collaboration with colleagues, including Ron Kurtz, the developer of the Hakomi method. SP acknowledges that the legacy of trauma and attachment issues are carried in the body and show up as nervous system dysregulation, unconscious habits and responses. These procedural tendencies can keep us feeling stuck in the past and healing takes place within a phase-oriented approach. SP draws on the Structural Dissociation Theory (van der Hart, Nijenhuis & Steele) and incorporates the nervous system's animal defence parts of attach-cry, fight, flight, freeze, submit/collapse. When words are not enough, a somatic approach to trauma like SP can help a client feel more regulated somatically, cognitively, emotionally and increase an overall sense of wholeness and integration.

To learn more about SP, visit <https://sensorimotorpsychotherapy.org/about/#what-is-sp>

To connect to SP trained therapists, visit the Sensorimotor Psychotherapy Institute's list of practitioners in Canada <https://account.sensorimotorpsychotherapy.org/home/directory-int/prCanada.html>

INTERNAL FAMILY SYSTEMS (IFS) – FEE BASED

IFS is an approach that emphasizes the natural multiplicity of the mind and focuses on a client's internal "parts" and "Self". IFS was developed by Richard Schwartz, Ph.D. and is grounded in an assumption that there are no bad parts, only parts forced into common roles of exiles, managers and firefighters. Clients learn to access *Self* and help all of their parts to feel understood, accepted, loved and have a non-pathologizing experience. *Self* helps parts to unburden and let go of traumatic memories, painful feelings and beliefs and feel liberated. This process can lead to a deep sense of healing as parts find new roles and the client experiences self-leadership.

To learn more about IFS, visit <https://ifs-institute.com/>

To find an IFS trained practitioner, visit <https://ifs-institute.com/practitioners>

To connect to a directory of IFS-informed therapists in Ontario, visit <https://ifsc.ca/ifs-directory/>

TRAUMA SENSITIVE YOGA – FEE BASED

Trauma impacts the body in a myriad of ways. It can make the breath shallower; the body can be tense and rigid, sleep is impacted and overall, a sense of dysregulation can become a fixed feature. Trauma Sensitive Yoga can help to increase heart rate variability, decreases stress, and deepen and slow down breathing. Trauma Sensitive Yoga practitioners practice differently than regular Yoga teachers and have specific trauma training. Studies have shown that Trauma Sensitive Yoga has been found to be beneficial in healing from trauma.

Trauma-Centre Trauma Sensitive Yoga | Directory of Ontario practitioners |

<https://www.traumasensitivelyoga.com/facilitators/ontario>

Esther Myers Yoga Studio | Offering yoga for trauma and yoga for anxiety and other themed classes/workshops |

416-944-0838 info@esthermyoga.com | <https://www.esthermyoga.com/>

Wounds 2 Wings | Offer Trauma-Centre Trauma Sensitive Yoga | 519-212-9107 wounds2wings@gmail.com

info@thebranchesyoga.com | <https://www.wounds2wings.com/>

The Growth & Wellness Therapy Centre | Offer Trauma-Centre Trauma Sensitive Yoga | Self-referral 647-243-4235

info@growthwellnesstherapy.com | <https://www.growthwellnesstherapy.com/our-blog/what-is-trauma-sensitive-yoga-and-why-should-i-try-it>



NEUROFEEDBACK – FEE BASED

The brain is incredibly malleable and changes throughout the lifespan. Neurofeedback is a form of brain training that seems to nudge the brain toward creating new patterns that help with self-regulation and executive functioning. Neurofeedback focuses primarily on electrical activity within the brain and provides real time information on how the brain is functioning; this is done via an EEG (electroencephalogram). There are different kinds of neurofeedback systems so, it is important to learn about the different ones before deciding on which one may be right of you. Free consultations with providers will be helpful in understanding more about different technologies and what to expect. The following are examples of reputable neurofeedback providers in the Toronto area:

Neupotential Clinics | <https://www.neupotentialclinics.com/neurofeedback>

New Pathways Integrative Counselling & Psychotherapy | Neurofeedback | <https://newpathwaystherapy.com/trauma/#>

Toronto Neurofeedback & Psychotherapy Centre | <https://torontoneurofeedback.ca/neurofeedback/>

Well Space | <https://www.wellspace.ca/neurotherapy>

Wiseman Counselling Services | <https://wisemancounsellingservices.ca/neurofeedback/>

TRAUMA INFORMED ARTS & MOVEMENT BASED THERAPIES – FEE BASED

Engaging in creative expression can have a powerful and positive impact on our mind and body. Trauma-informed arts-based activities can be a helpful way to express emotions, process complex feelings, relieve stress and increase self-confidence.

Art Haus Music | The Art of Wellness is an experiential series designed for artists and creative professionals in order to develop tools and practices for stress management and wellness. Different sessions focus on BIPOC, LGBTQ2S, Indigenous and other communities | Self-referral <https://www.arthausmusic.com/wellness>

Camelia Djokoto | Registered Psychotherapist and Somatic Movement Specialist, Camelia provides trauma-informed dance and movement | Self-referral – contact @ cameliadances@gmail.com | <https://cameliadances.com/>

The Create Clinic | Low cost expressive arts therapy (\$40 per session) | Self-referral | 416-539-9728 email thecreateclinic@gmail.com | <http://www.thecreateinstitute.org/create-clinic.html>

Dance Movement Therapy Association of Canada | Self-referral; find a therapist by visiting <https://www.dmtac.org/find-a-therapist>

Expressive Arts Therapy Collective | Collective of therapists who practice arts-based psychotherapy and interventions that integrate visual art, drama, music, movement | Self-referral | <https://www.exatcollective.com/>

Full Circle Art Therapy Centre | Collective of therapists providing trauma-informed art therapy | Self-referral | 647-245-3344 info@fullcircleartc.com | <https://www.fullcircleartc.com/>

Guided Imagery & Music (GIM) | GIM therapy is a music-centered, consciousness-expanding therapy developed by Helen Bonny | Self-referral | To find an Association for Music & Imagery endorsed GIM practitioner, visit <https://ami-bonnymethod.org/find-a-practitioner>

Next Generation Arts | Arts based programs that serve youth in Scarborough | Self-referral | 437-703-5553 | <https://www.nextgenerationarts.ca/programs>



TRAUMA INFORMED ARTS & MOVEMENT BASED THERAPIES – FEE BASED (CONT.)

Nia Centre for the Arts | Arts based programs, mentoring, professional development that helps support the capacities and development of healthy identity in Black youth | Self-referral 416-535-2727 email info@niacentre.org | <https://niacentre.org/what-we-do/youth-mentorship-engagement/>

Play with Fire Improv | Providing in person and online improv classes and workshops | Self-referral | Contact for a consult by completing online form <https://www.playwithfireimprov.com/contact> or sign up for courses by visiting website <https://www.playwithfireimprov.com/>

Psychology Today | Self-referral – view therapist profiles and contact directly to book free consult | Dance/Movement therapists <https://www.psychologytoday.com/ca/therapists/dancemovement-therapy/on/toronto> Trauma-informed expressive arts therapists <https://www.psychologytoday.com/ca/therapists/expressive-arts/on/toronto?sid=60e6e4081abab&spec=19&spec=495>

Real Woman Real Journey | Artistic Healing Group for adult women (age 18+) in the GTA who are survivors of trauma of any form | Self-referral <https://www.realwomanrealjourney.ca/artistic-healing-group>

Yes and Brain | Clinical Social Worker and multidisciplinary artist, Lacy Alana, provides trauma-informed circus arts, improv and other trainings | Self-referral | Contact Lacy by for a consult by completing online form <https://yesandbrain.com/contact-1> | <https://yesandbrain.com/>

HELPLINES, CRISIS & PEER SUPPORT – FREE

Assaulted Women's Helpline (24/7)

Support for all women who have experienced abuse (counselling, information, referrals).
With assistance in English and up to 154 other languages
1-866-863-0511 | TTY: 1-866-863-7868 | www.awhl.org

Boots on the Ground (24/7)

Anonymous peer support for first responders, by first responders.
1-833-677-BOOT (2668) | <https://www.bootsonground.ca/>

Beyond the Blue

Peer to peer support dedicated to serving spouses & families of Toronto police officers/civilian members.
Information line: 647-864-TBTB (8282)
To connect to peer support, visit the website and complete online form | <https://www.torontobeyondtheblue.com/>

Crisis Services Canada (24/7)

Emotional support to anyone concerned about suicide, including people who are suffering from loss, are worried about someone who may have suicidal thoughts or are themselves feeling suicidal.
1-833-456-4566 | Text 45645 (4pm-12am EST) | <https://www.crisisservicescanada.ca/en/thinking-about-suicide/>

Crisis Text Line (24/7)

Text HOME (4663) to 741741 to connect to a crisis counsellor | <https://www.crisistextline.org/>

The Distress Centre (24/7)

Emotional support to callers experiencing distress, crisis, suicidal ideation.
416-408-4357 or text 45645 | <https://www.dcoft.com/home-support>

Femaide for Francophone Services (24/7)

French language assistance for women and children in Ontario who are fleeing violence.
1-877-femaide (336-2433) | TTY: 1-866-860-7082 | <https://femaide.ca/>

**HELPLINES, CRISIS & PEER SUPPORT – FREE (CONT.)****Gerstein Centre (24/7)**

Crisis services include telephone support, in person mobile crisis team, case management/referrals, substance use crisis management, short term crisis beds.

416-929-5200 | <https://gersteincentre.org/>

Good 2 Talk (24/7)

For post-secondary students in Ontario needing counselling and information re: mental health, addictions & well-being.

1-866-925-5454 | Text GOOD2TALKON to 686868 | <https://good2talk.ca/>

Lesbian Gay Bi Trans Youth Line (Sunday – Friday)

Confidential, non-judgemental & informed peer support for LGBTTQQ2S+ youth and young adults

1-800-268-9688 (6pm-9pm EST) | Text: 647-694-4275 (4pm – 9:30pm) | <https://www.youthline.ca/>

Nisa Helpline (Everyday, 10:00am to 10:00pm EST)

Peer-to-peer counselling and support for Muslim women of all ages

1-888-315-NISA (6472) | <https://nisahelpline.com/>

Shelter Safe (24/7)

Online resource for women and their children seeking safety from violence and abuse. The clickable map serves as a quick resource to connect women with the nearest shelter

<https://sheltersafe.ca/>

Support Service for Male Survivors of Sexual Abuse (24/7)

Multilingual, immediate crisis support and referral services for male survivors of sexual assault (recent and historical).

1-888-887-0015 | http://www.attorneygeneral.jus.gov.on.ca/english/ovss/male_support_services/

Talk 4 Healing (24/7)

Talk, text and online chat and counselling support that is culturally grounded for Indigenous women available in 14 languages, including in Ojibway, Oji-Cree and Cree.

Helpline: 1-855-554-HEAL (4324)

Crisis Line: 1-888-2000-9997 | <http://www.talk4healing.com/>

Toronto Seniors Helpline (Mon-Fri 9am-8pm, Sat-Sun-Holidays 10am-6pm)

Supportive counselling and resources over the phone for seniors and caregivers.

416-217-2077

Trans Lifeline (24/7)

Hotline for transgender people staffed by transgender people. Providing direct emotional, financial and community support for trans people in crisis.

1-877-330-6366 | <https://translifeline.org/hotline/>

Youthdale's Crisis & Mobile Support Team (24/7)

Any parent/legal guardian in Ontario can call to get immediate access to trained professionals for their child/youth.

416-363-9990 | <https://www.youthdale.ca/crisis-line>

This trauma resource list is intended for informational purposes only and we hope you find it helpful. There is no guarantee that this or any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team. We are here for you.