



TRAUMA WORK  
**Built for  
Lasting Change**

**Sanare's Trauma-Focused  
IOP for Adults**



# When Knowing Isn't Enough

For many adults working through trauma, the challenge isn't a lack of insight or effort. It's that trauma responses still surface in real moments. Emotions spike unexpectedly. The body reacts before the mind can catch up. Old patterns return, even when different and better ways of responding are understood.

Once-a-week therapy can offer space to talk, but for some, it doesn't create enough momentum to interrupt these patterns as they unfold.

Without the opportunity to learn and actively practice new ways to respond, trauma may be understood, but not yet lived differently.

# Where Change Takes Hold

**Sanare's Trauma-Focused IOP** is designed to help adults recognize trauma responses as they happen and respond with greater steadiness.

While many programs acknowledge the impact of trauma, this program is trauma-focused at its core, led by trauma-trained therapists and intentionally structured to support new patterns without requiring individuals to relive the past.

Skills are not just discussed. They are practiced and supported so they begin to take hold in real life.

Safety, grounding, and emotional regulation are central, helping new responses take shape through both group work and individual support.





# Trauma-Focused IOP for Adults

This program is designed for adults seeking structured support while balancing work and daily responsibilities, including those living with the effects of trauma such as C-PTSD, dissociation, and related responses.

The work unfolds through consistent group sessions and weekly individual support, creating space to recognize trauma responses as they arise and practice new ways of responding.

Participants attend three groups each week and one individual session. Group work builds momentum and connection. Individual sessions offer space for deeper trauma processing.

Many adults choose this IOP because it offers:

- A space that feels human, shaped by the authenticity therapists bring into the room
- A chance to work through trauma alongside others with similar experiences
- 1-on-1 time to go deeper when needed
- A trauma-focused approach that builds steadiness and resilience over time

In PA, Trauma-Focused IOPs are also available for **LGBTQIA+ Adults** with trauma shaped by identity, relationships, and lived experience.

# Q&A

## When is this IOP a good fit?

This IOP is well suited for adults affected by trauma or C-PTSD who feel ready to engage in focused trauma work alongside others with similar experiences.

## How are skills actually learned here?

Skills develop through practice and repetition. Sessions focus on staying present, building steadiness, and trying new responses, with trauma-focused methods woven throughout the work.

## What sets this program apart?

This program is intentionally designed to treat trauma, not just stabilize symptoms. Consistent group work builds momentum and reduces isolation, while individual sessions provide space for deeper trauma reprocessing. Together, this dual structure supports meaningful progress without sacrificing depth.

## What's the timeline for this program?

The program runs for a minimum of eight to twelve weeks. Following that period, care may step up, repeat, or step down within Sanare's continuum based on needs.

## Is this IOP covered by insurance?

Sanare works with most major insurance companies, and our team collaborates with families to review benefits and next steps.

## Is Sanare a trusted provider?

Sanare has supported 7,500+ individuals and families across a growing network of locations and programs. Our teams work collaboratively with families and referring professionals to ensure care remains consistent, coordinated, and responsive over time.

# WHERE THIS PROGRAM IS AVAILABLE IN PA

## **SANARE DOYLESTOWN**

4259 Swamp Road, Suite 260  
Doylestown, PA

## **SANARE DREXEL HILL**

5039 Township Line Road, 3rd Floor  
Drexel Hill, PA

## **SANARE EXTON**

835 Springdale Drive, Suite 205  
Exton, PA

## **SANARE HERSHEY**

1129 W. Governor Road  
Hummelstown, PA

## **SANARE KING OF PRUSSIA**

2009 Renaissance Blvd, Suite 300  
King of Prussia, PA

## **SANARE LANCASTER**

180 West Airport Road, Suite C  
Lititz, PA

## **SANARE PHILADELPHIA**

1500 Walnut St, Suite 1200  
Philadelphia, PA

## **SANARE VIRTUAL – PA**

Available online statewide  
in Pennsylvania

Trauma-Focused IOP for LGBTQIA+  
available at **Sanare Philadelphia**  
and **Sanare Virtual – PA**

**Call: (610) 344-9600**