



WHERE HOPE TAKES ROOT
**Support for
LGBTQIA+ Adults**

**Sanare's Trauma-Informed
PHP for LGBTQIA+**



sanaretoday.com

When Staying Guarded Gets Heavy

For many LGBTQIA+ adults, anxiety, depression, or emotional overwhelm are only part of the story. Experiences of rejection, discrimination, or times when being open about one's identity didn't feel safe can teach people to stay guarded, constantly on alert, or hesitant to let others in. Over time, trying to hold everything together can become exhausting.

What begins as protection can slowly become isolation. Shame makes it harder to reach for support, and life can start to feel smaller, heavier, and increasingly difficult to navigate. Many people arrive wondering if this is simply what life will always feel like.

Outpatient therapy and IOP can offer support, perspective, and opportunities to practice new ways of responding. For many people, that's enough. But when symptoms begin affecting daily life in real time, there are seasons when support throughout the week can make all the difference.

Where Hope Has Room to Grow

Sanare's Trauma-Informed PHP for LGBTQIA+ is built around the belief that healing shouldn't require people to hide who they are or carry everything alone. Group therapy offers more than support. It creates opportunities to be seen, understood, and challenged alongside others who recognize the impact that identity-based trauma and chronic stress can have.

Healing doesn't happen all at once. But when people feel safe enough to be honest and supported by others who understand, hope has room to grow.





Trauma-Informed PHP for LGBTQIA+

Designed for adults 18+, this program meets Monday through Friday from 9:00 a.m. to 3:00 p.m. and typically lasts 3 to 6 weeks. Each day follows a consistent rhythm while allowing space to respond to what's happening in the room.

Through group therapy, experiential practices, and individual support, participants spend time learning, practicing, and supporting one another. Skills are practiced throughout the week, helping them become easier to access outside the therapy room.

The goal isn't to push people into deep trauma work before they're ready. It's to help people feel more steady. Through nervous system regulation, practical skills, and the experience of being understood and supported by others, many people begin feeling less overwhelmed and more capable of navigating everyday life.

Many adults enter PHP feeling overwhelmed and disconnected. What they often find is:

- A safe, affirming environment where they don't have to hide parts of themselves
- Practical skills that support nervous system regulation and emotional stability
- Opportunities to connect with others, experience relational safety, and discover they don't have to carry everything alone

Q&A

When is this PHP a good fit?

Designed for LGBTQIA+ adults, this program can be a good fit when anxiety, depression, emotional overwhelm, or the effects of chronic stress are making everyday life harder to manage. It may be a next step when IOP isn't enough, or a step down from inpatient care with continued daily structure.

How does it differ from inpatient or IOP?

PHP provides full-day support while allowing individuals to return home each evening. It offers more structure than IOP, but is less intensive than inpatient care, with coordination throughout, including psychiatric evaluation and medication management on-site.

What happens in a typical day?

Each day includes a mix of group therapy, process work, skill-building, and experiential practices. The work is practiced in real time, not just talked through.

What's the timeline for this program?

This program typically runs for 3 to 6 weeks depending on individual needs. As stability strengthens, participants may step down into a Sanare IOP group.

Is this PHP 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 PHILADELPHIA

1500 Walnut St, Suite 1200
Philadelphia, PA

ADDITIONAL LGBTQIA+ PROGRAMS

CORE IOP FOR LGBTQIA+ ADULTS

SANARE PHILADELPHIA

1500 Walnut St, Suite 1200
Philadelphia, PA

TRAUMA-FOCUSED IOP FOR LGBTQIA+ ADULTS

SANARE PHILADELPHIA

1500 Walnut St, Suite 1200
Philadelphia, PA

SANARE VIRTUAL PA

Available Statewide to All
Pennsylvania Residents

**Contact our admissions team
to schedule a consultation.**

Call: (610) 344-9600