SANARE

AWAKEN WHAT'S WITHIN

BUILDING STABILITY

Before Deeper Healing

Adult Trauma-Focused PHP

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When Trauma Takes Over

For many adults living with complex trauma, the past does not always stay in the past.

Memories, dissociation, or sudden shifts in the body or emotions can surface without warning. Relationships and daily routines may begin to feel unstable.

Even IOP may not provide enough structure to manage what's happening in real time.

When trauma responses become this intense, people often need a safer, steadier environment, one that gives the nervous system time to settle so stability can return.

Stability Should Take Priority

Sanare's Trauma-Focused PHP was created for moments like this. Many trauma programs start by exploring the past. At Sanare, the focus begins with helping the nervous system regain steadiness.

Rather than immediately revisiting traumatic memories, the program emphasizes stabilization first. Participants learn to recognize trauma responses as they arise and practice safer, more reliable ways of responding.

Through structured daily therapy, experiential practices, and a strong relational environment, individuals begin rebuilding the internal safety and regulation needed before deeper trauma work can begin.

For many individuals, this foundation becomes the step that makes deeper healing possible.

Trauma-Focused PHP for Adults

This program is designed for adults who need a structured environment to stabilize trauma responses before deeper trauma work can begin. Meeting five days per week, 9:00 am to 3:00 pm, it provides a therapeutic setting focused on stabilization while allowing PHP participants to return home each day.

Unlike many PHP programs that are purely trauma-informed, Sanare's approach is trauma-focused. Its structure is intentionally designed around how trauma affects the nervous system and how individuals can safely regain stability and control.

Participants engage in experiential practices, psychoeducation, small group therapy, and individual sessions that strengthen regulation, awareness, and connection. Because trauma can affect both the mind and the body, this program incorporates somatic practices that help regulate the nervous system.

Adults choose this PHP because it offers:

- Specialized support for complex trauma and dissociative symptoms
- Experiential practices that move healing beyond conversation
- Small groups and authentic therapists that foster real connection and safety

Q&A

When is this PHP a good fit?

This PHP is designed for adults experiencing complex trauma responses such as emotional flooding, dissociation, or instability that require more structure than IOP but not inpatient care.

How does it differ from inpatient or IOP?

This program provides full-day therapeutic support while allowing individuals to return home each evening. By focusing on stabilization first, the goal is to help individuals strengthen regulation skills, build internal and external safety, and create the foundation needed before deeper trauma work begins.

What happens in a typical day?

Participants engage in small group therapy, psychoeducation, and experiential practices that help individuals strengthen regulation, grounding, and stability. Psychiatric support and medication management are available.

What's the timeline for this program?

This program typically runs for 3 to 6 weeks depending on individual needs. As stability strengthens, individuals may step down into Sanare's Trauma-Focused IOP.

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 EXTON
835 Springdale Drive, Suite 205
Exton, PA

Contact our admissions team to schedule a consultation.

Call: (610) 344-9600