



TRAUMA WORK
**Built for
Lasting Change**

Adult Trauma-Focused **IOP**



sanaretoday.com

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 a combination of group and individual sessions, led by trauma-trained therapists using methods such as EMDR, IFS, relational work, and experiential approaches.

Participants attend three group meetings each week and one weekly individual session. Group sessions create the space and structure to recognize trauma responses as they arise and practice new ways of responding. Individual sessions offer dedicated space for trauma reprocessing as part of the work.

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

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 DOWNINGTON*

178 Park Road
Downingtown, PA

*Dedicated Women's group

SANARE DOYLESTOWN

4259 Swamp Road, Suite 260
Doylestown, PA

SANARE EXTON

835 Springdale Drive, Suite 205
Exton, 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

*Dedicated LGBTQIA+ group also available

SANARE VIRTUAL PA*

Available Statewide to
Pennsylvania Residents

*Dedicated LGBTQIA+ group also available

SANARE YARDLEY

385 Oxford Valley Rd, Suite 412
Yardley, PA

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