

What is Trauma-Informed Care?

We conduct a thorough assessment of the impact of traumatic experiences, biology, family systems, social systems and culture on the individual's well-being and presentation of symptoms.

We provide a variety of services to accommodate an individual's healing process; including but not limited to:

- EMDR (Eye Movement Desensitization and Reprocessing)
- IFS (Internal Family Systems)
- Expressive Therapies
- Play Therapy and Sand Tray
- DBT (Dialectical Behavioral Therapy)
- Yoga Therapy

“Healing is a matter of time, but it is sometimes also a matter of opportunity.”

- Hippocrates



100 Medway St., Providence, RI 02906
(401) 421-4100
www.dayoneri.org
24-hour Helpline: 1-800-494-8100



TRAUMA-INFORMED CLINICAL SERVICES



How we can help:

- Our clinical team is comprised of full-time, fee-for-service and interning clinicians of many disciplines. All clinicians have solid, foundational training in evidence and research-based forms of trauma treatment.
- Our clinical staff are available for appointments Monday - Friday from 8 a.m. - 7 p.m. We are open for clinical appointments on Saturdays from 8 a.m. - 2 p.m.
- We accept most insurances and will see clients without coverage.



Our clinicians provide:

- Ongoing consultation with existing providers and legal services
- Connection to legal advocacy when requested
- Referrals to supplementary services

We maintain:

- Weekly supervision with trauma specialists
- Weekly peer supervision with a trauma-informed team
- Participation in multi-disciplinary teams
- Ongoing relationships with community partner agencies



Services available:

- Individual Therapy
- Family Therapy
- Group Therapy
- Trauma Assessment Evaluations
- Trauma-Sensitive Yoga
- Teen and Adult Survivor Groups
- Non-Offending Caregiver Groups

How to connect to services:

1. Call the Clinical Intake Coordinator at (401) 421-4100, ext. 121
2. Prepare for a five-minute conversation with the following information:
 - name
 - date of birth
 - address
 - social security number
 - insurance information
 - a very brief description of why you are seeking treatment
3. You will be provided with open appointments for services that best meet your needs
4. Bring your ID card and insurance information to the first session