

Restore Program

Ascension Seton Behavioral Health



**Ascension
Seton**

Regain control of your life and hope for the future.

- If your life has been affected by a recent or past traumatic event, even the most common day-to-day tasks can feel intolerable.
- Can you imagine your life free from fear and anxiety?
- Do you want to feel “normal” again?
- You may be experiencing post-traumatic stress disorder (PTSD).
- Know that PTSD does not have to be a lifelong disorder; recovery is possible.

These are natural responses to trauma, but if they are interfering with daily life, please call us for help.

- Nightmares
- Flashbacks
- Intrusive and upsetting memories
- Feeling emotionally numb
- Feeling jumpy and on edge
- Trouble sleeping
- Feeling disconnected from others
- Avoiding reminders of the event
- Overly negative thoughts and assumptions about oneself and the world

Here's how the Restore Program can help you reclaim your life after trauma:

The Restore Program will retrain your mind and body to learn it is no longer in danger by incorporating the following:

- **Cognitive Processing Therapy (CPT)** is the primary component of the Restore Program. CPT is an evidence-based, time-limited treatment that helps you examine your thoughts and challenge your beliefs about what happened so you can heal from trauma.
- **Trauma-sensitive yoga** helps you regain control of your body and its fight-or-flight responses.
- **Dialectical Behavioral Therapy (DBT)** provides you with tools to cope with and tolerate difficult emotions.
- **Resilience training and community outings** will renew your ability to discover positive changes after trauma and feel comfortable in the world again.



Take the first step toward restoring your life. Call one of our behavioral health navigators now at 512-324-2039 (opt. 3) or toll-free at 1-877-918-2039 (opt. 3).

Phone hours are Monday-Friday, 9 a.m.-5 p.m.