
PTSD Program: Frequently Asked Questions

The PTSD Program is an interdisciplinary program provided by a Psychologist or Clinical Counselor, and an Occupational Therapist (OT). Injured Workers may also work with a Kinesiologist. The program is designed to help Injured Workers who are experiencing psychological symptoms as a result of a workplace traumatic incident(s). The goal of the program is to assist workers to maximize their function and, where appropriate, return to work.

What is an Intake Assessment?

The intake assessment is performed by a Psychologist before you start the program. It will take approximately 60-90 minutes and includes:

- Interview and psychosocial screening questionnaires to clarify current status and confirm appropriateness for the program
- Questionnaires to establish baseline level of cognitive-behavioural functioning to support goal setting, identify cognitive and psychological barriers to function/return to work, and develop a treatment plan

When will I start the program and what will my first day look like?

Following your intake assessment, we will set up a schedule with you for your attendance in the program, if we feel this is the best service for you. Treatment usually starts the week following your intake assessment.

During your first day you will meet with both your psychologist and occupational therapist. The OT will provide you with a program orientation, including a tour of the clinic. The OT will then ask you some questions to further assess your functioning. You will also complete some questionnaires. You should expect to spend at least two hours in the clinic on your first day.

What does a typical day entail?

You will be involved in a variety of therapeutic activities while in the program. You will be in the clinic 2-3 days a week. Your time in the clinic will vary depending on the day, but will typically be between 2 - 4 hours. You may have breaks between your sessions. Each week you will attend two treatment sessions with your Psychologist/Counsellor and two treatment sessions with your OT. If indicated, some OT sessions will occur in the community.

Your program may also include other components if you and your treatment team decide they would be beneficial for your recovery, including attending psychology group treatment and participating in a behavioural activation/exercise program.

What type of treatment will I receive?

Individual treatment sessions may include:

- Individual trauma-focused therapy, including gradual exposure to thoughts and situations that you may find anxiety provoking and may be avoiding
- Work-focused cognitive behavioural therapy and development of a cognitive-behavioural strategies tool kit

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- Performance of real or simulated work tasks
 - Return to work (RTW) planning and implementation with the OT, which may include a gradual RTW (GRTW) plan
 - Ongoing support during the GRTW by the team
 - Coordination and communication with stakeholders during the program, including the Board Officer, Attending Physician, community Health Care Providers, and Employer, as necessary

The optional psychology treatment group provides an opportunity to discuss your challenges, receive support, and learn from the experience of other clients who are facing similar struggles.

Behavioural Activation/Gym Program entails working with a Kinesiologist to develop an individualized exercise plan, which can be modified as you progress through the program.

How long is the program?

Most clients will spend between 8-12 weeks in the clinic attending the program.