

*TAPA Clinical Associates provide a wide range of specialty services spanning inpatient, residential treatment center (RTC), and outpatient settings.*

#### *Inpatient Services*

Clinical Associates are on call 24 hours a day, 7 days a week, 365 days a year to handle psychiatric crises and emergencies. We will assist in managing emergent situations over the telephone and arrange to admit patients to the hospital from anywhere in the United States and throughout the world. TAPA Clinical Associates have co-attending privileges at two distinguished hospitals in the Los Angeles area. Once the patient is admitted, the TAPA Clinical Associate will coordinate the patient's care and act as the case manager throughout their stay. The patient's course of treatment, type of treatment, and the patient's discharge will be integrated by the TAPA Clinical Associate. Upon discharge from the hospital the patient may transition to an RTC or outpatient care.

#### *Residential Treatment Services*

TAPA Clinical Associates have established collaborative relationships with many RTCs in the Los Angeles metropolitan area. When a patient is appropriate for RTC level care, the TAPA Clinical Associate will admit the patient to the RTC, coordinate with the RTC regarding the patient's care, and continue to provide psychological services throughout the patient's stay at the RTC. Upon the patient's discharge, the Clinical Associate continues to provide ongoing outpatient care and manage the patient's treatment at our outpatient offices, or refer the patient to his or her home community for further treatment as is appropriate.

#### *Outpatient Services*

Clinical Associates provide comprehensive outpatient treatment for patients who will never need treatment in a hospital or residential treatment center. While each TAPA Clinical Associate has a core competency in treating dual diagnosis patients, Clinical Associates also treat patients who have no history of chemical dependency. Each Clinical Associate also has unique specialty skills. As such, TAPA offers an extremely wide array of treatment modalities for virtually all psychological and psychiatric conditions.

THE ARROYOS™



PSYCHOLOGICAL ASSOCIATES, INC.

*A Concierge Psychological Practice Specializing in Dual Diagnosis*



**TRAUMA &  
RECOVERY**

### *The Arroyos™ Psychological Associates*

The Arroyos™ Psychological Associates (TAPA) is a concierge group of clinical psychologists with a core competence in treating dual diagnosis patients and their families. Each TAPA Clinical Associate also has additional clinical specialty skills. TAPA offers an unparalleled professional team approach that provides an integrated, collaborative, and comprehensive treatment plan for each patient.

### *Trauma & Recovery*

There is a high prevalence of individuals in our community living with unresolved reactions to trauma, including anxiety, depression, nightmares, an inability to sleep, dysfunctional relationships, work impairment, and most importantly, an inability to enjoy the pleasures of everyday life. It is estimated that 8% of the general population has developed posttraumatic stress disorder in response to a variety of events, including childhood physical and/or sexual abuse, adult sexual assault, motor vehicle accidents, and other stressful life events.

When stress and traumatic reactions remain untreated, an individual can go on to acquire longer term illnesses such as posttraumatic stress disorder, depression, anxiety, and/or chronic pain. Moreover, the individual's ability to pursue meaningful work and to develop and sustain safe and loving relationships is further impaired. In addition, the impact is often felt on families in terms of financial burdens, conflict with the traumatized family member, and feelings of helplessness.

### *Dual Diagnosis*

The TAPA treatment team is eminently skilled at assessing and treating the needs of individuals with dual diagnoses, meaning one or more mental health diagnoses, such as posttraumatic stress disorder, depression, and anxiety, in addition to addiction and/or substance dependence. Many individuals who have experienced childhood or adult trauma can develop a pattern of using alcohol and substances to numb the overwhelming pain and symptoms of the original trauma.

*As dual diagnosis specialists we are exceptionally qualified to treat the comprehensive needs of those exposed to trauma. In addition to individual psychotherapy, the following is a brief description of the treatment modalities utilized by our staff.*

#### ■ **Dialectical Behavior Therapy (DBT)**

DBT is an effective form of therapy that empowers an individual to learn to regulate their emotions, handle distressing situations, and to be more effective in their relationships. For many individuals who have been exposed to trauma these skills have been difficult to develop and maintain. In gaining these skills individuals will feel empowered and be able to improve the overall quality of their lives.

#### ■ **Eye Movement Desensitization and Reprocessing (EMDR)**

A specialty certification by Dr. Barbara Janetzke, EMDR is a form of psychotherapy that is effective in processing traumatic memories in order to reduce symptoms.

#### ■ **Individual & Group Psychotherapy**

Healing is achieved as overwhelming events are validated and shown compassion by others. In addition, as the individual learns to differentiate the “here-and-now” from past events, further healing and integration of recovery occurs. Psychodynamic psychotherapy addresses unconscious processes and how developmental and traumatic experiences shape one's sense of self and patterns of relating to the world and other people.

#### ■ **Family Therapy**

Support of family is a key component to individuals in recovery. Whenever possible, we incorporate family therapy in order to provide psychoeducation regarding the etiology, course, and treatment of traumatic reactions. In addition, we seek to improve communication among family members in order to provide a safe and nurturing environment for the individual to continue their recovery.

#### ■ **Relaxation Techniques**

Stress is an ongoing part of life and for individuals with traumatic event(s) in their lives it is essential to possess tools to manage everyday stressors in order to continue their recovery. Various modalities are tailored to each individual including progressive muscle relaxation, visualization, and yoga.

*In order to provide comprehensive and individualized care the following services are provided within each treatment setting:*

#### *Treatments*

- Individual & Group Psychotherapy: Supportive and Psychodynamic
- Family Therapy
- Psychoeducation for Posttraumatic Stress Disorder (PTSD) and Dissociative Disorders
- Cognitive Behavioral Therapy (CBT) for PTSD
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Relaxation Techniques

#### *Assessments*

- Structured Clinical Interview for the DSM-IV-TR (SCID)
- Forensic Evaluations
- Personality Assessment
- Neuropsychological Assessment

#### *Services*

- 360 Concierge Care (Inpatient, Residential, Outpatient Comprehensive Care)
- Alternative Sentencing
- Expert Witness Testifying
- Disability Evaluations

Our main goal when treating patients who have been exposed to trauma is to assist them in creating a coherent narrative and working through different memory states and fragments which will ultimately help make sense of their emotional and interpersonal lives. Our concierge care is designed to facilitate comprehensive treatment across treatment settings in order to improve an individual's opportunity for recovery.