Trauma-Informed Care and Cognitive-Behavioral Intervention Procedures Partial Hospitalization Program (PHP)

Effective Date: 08/15/2025

Approved By: Director of Medical and Clinical Services

Review Schedule: Annually or as Needed

Applies To: All Programs — Outpatient MH/SUD, IOP, PHP, Residential and Integrated Primary Care/Behavioral Health

Purpose

To establish procedures for implementing trauma-informed care principles and cognitive-behavioral interventions within the Partial Hospitalization Program (PHP). These approaches support emotional safety, symptom stabilization, skill development, and recovery for individuals experiencing behavioral health conditions.

Policy

The Partial Hospitalization Program integrates trauma-informed care and cognitive-behavioral interventions into therapeutic programming, individual therapy, and treatment planning. Staff recognize the widespread impact of trauma and implement interventions that promote psychological safety, empowerment, and skill development.

Cognitive-behavioral strategies are used to assist individuals in identifying and modifying maladaptive thoughts, emotions, and behaviors contributing to psychological distress.

Trauma-Informed Care Principles

All services within the PHP are delivered using trauma-informed care principles that emphasize:

• Physical and emotional safety

• Trustworthiness and transparency

• Peer support and collaboration

• Empowerment and choice

• Cultural sensitivity and respect

Staff avoid practices that may re-traumatize individuals and instead create supportive therapeutic environments.

Trauma Screening and Awareness

During assessment and ongoing treatment, clinicians consider the potential impact of trauma on symptoms and functioning. When appropriate, trauma screening tools or clinical interviews may be used to identify trauma exposure and related concerns.

Trauma history is approached sensitively and documented in accordance with privacy and clinical appropriateness.

Cognitive-Behavioral Intervention Procedures

Cognitive-behavioral interventions may be implemented through both group and individual therapy sessions.

Typical CBT procedures include:

1. Identifying problematic thought patterns and beliefs

2. Recognizing connections between thoughts, emotions, and behaviors

3. Teaching cognitive restructuring techniques

4. Practicing behavioral activation and coping strategies

5. Developing relapse prevention and emotional regulation skills

6. Assigning and reviewing therapeutic exercises when appropriate

Integration in Group Programming

Trauma-informed and cognitive-behavioral strategies are incorporated into structured group sessions such as:

- Coping skills training
- Emotional regulation groups
- Stress management groups
- Cognitive restructuring exercises
- Trauma recovery psychoeducation
- Relapse prevention skills

Group facilitators encourage participation while maintaining a supportive and non-judgmental environment.

Individual Therapy Application

In individual therapy sessions, clinicians tailor trauma-informed and cognitive-behavioral interventions to the needs of the individual served. Techniques may include:

- Identifying trauma-related triggers
- Building coping and grounding strategies
- Cognitive restructuring
- Behavioral skill development
- Emotional processing within clinically appropriate boundaries

Staff Training

Clinical staff receive training in trauma-informed care principles and cognitive-behavioral intervention techniques. Training may occur through orientation, continuing education, supervision, or internal training programs.

Supervisors support clinicians in applying these interventions appropriately in PHP programming.

Documentation Requirements

Clinical documentation should reflect the use of trauma-informed approaches and cognitive-behavioral interventions when applicable. Documentation may include:

- Type of intervention used
- Skills taught or practiced
- Client response to interventions
- Progress toward treatment goals

Quality Monitoring

The implementation of trauma-informed and cognitive-behavioral interventions is periodically reviewed through clinical supervision, chart audits, and program evaluation activities to ensure services remain effective and consistent with program standards.