

Growing from the ashes of the past

The Phoenix Center for Experiential Trauma Therapy is named after the legendary figure of the phoenix. Mythology suggests that the phoenix dies and is reborn from its own ashes — it is a symbol of transformation and resilience. This phenomenon of growing after experiencing trauma has been labeled “Post-Traumatic Growth” - which is exactly what we strive to help our clients cultivate in their lives.

While we cannot change the past, we can change how past experiences live within us.

Following a time-tested map for clinical change — we begin by establishing safety, providing education, and focusing on strengths and support. Only once these tasks have been accomplished do we move onto looking at the trauma, otherwise we risk re-traumatization. Using state-of-the-art experiential trauma therapies, we work together to renegotiate and reprocess traumatic memory. The resulting phenomenon is transformation and Post-Traumatic Growth.

It is our belief that the human psyche (mind, soul, etc) is always working to heal itself. Just as the body heals itself when wounded, so does the psyche. Overwhelming traumatic experiences are disorienting and overwhelm the brain's (and body's) capacity to integrate the experience. The treatment approaches that we provide aim to remove these barriers to you healing yourself.

Additional Services

Professional Training

The Phoenix Center for Experiential Trauma Therapy regularly offers continuing education events focused on teaching experiential trauma therapies, group therapy, and psychodrama. For an updated list of training opportunities and CEU's offered, please visit PhoenixTraumaCenter.com.

Supervision/Consultation

Phoenix Center's Director/Founder, Dr. Scott Giacomucci offers supervision, EMDR consultation, and organizational training. He has experience providing consultation to inpatient and outpatient centers on trauma-informed care, addiction/trauma treatment, and experiential group work.

CEU's for Your Events!

The Phoenix Center is able to provide Pennsylvania CE credits for your events, in-services, and your speakers. Visit our website for details — www.PhoenixTraumaCenter.com/ceus



www.PhoenixTraumaCenter.com

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Follow us on for updates and free educational resources!



Phoenix Center for Experiential Trauma Therapy, LLC (Lic. #004115) has been approved as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapist (Section 48.36) and Professional Counselors (Section 49.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors. Phoenix Center for Experiential Trauma Therapy is approved by the Pennsylvania State Board of Psychologists to offer continuing education for psychologists.



SPECIALIZED TREATMENT FOR TRAUMA, LOSS, & ADDICTION

www.PhoenixTraumaCenter.com

524 N. Providence Road, Media, PA 19063

Phoenix Center Services

Trauma and PTSD

Trauma describes any experience that overwhelms one's ability to function and cope. An inclusive definition of trauma might include experiencing/ witnessing violence (relational or collective), abuse (physical, emotional, or sexual), death/loss, neglect, and abandonment. Research has demonstrated a strong connection between trauma and many mental health issues — including addictions, depression, and anxiety.

Post-traumatic Stress Disorder (PTSD) symptoms include intrusions, avoidance, hyperarousal, negative thought/mood states and dissociation. These could simply be described as a manifestation of past experiences (feelings, thoughts, images, relationships, physical sensations, defenses, and behaviors) showing up in the present moment.

Individual Trauma Therapy

Therapists at the Phoenix Center are trained to work individually with clients in a safe way using both traditional psychodynamic talk therapy and experiential trauma therapies.

Our individual sessions start between \$100-175/session depending on clinician

If traditional talk therapy hasn't worked for you, maybe it is time to try a different approach.

EMDR Treatment

Eye-Movement Desensitization and Reprocessing (EMDR) is one of the most effective evidence-based treatments for PTSD. With EMDR, we can access the brain's innate capacity to process memory (which is active during REM sleep). Many clients experience life-changing results after just a few EMDR sessions.

Group Psychotherapy

The Phoenix Center also offers ongoing experiential trauma therapy groups. These groups involve action-based processes with the purpose of identifying strengths and similarities, establishing safety, and fostering connections between group members. These groups utilize the creative & experiential therapies (psychodrama, IFS, gestalt, etc), to help clients express, process, and renegotiate trauma.

Our 2-hour groups start at \$85/session

Experiential Workshops Intensives

We also offer intensive experiential therapy workshops. These workshops provide clients with an opportunity to work with a small group in either full-day or multi-day setting. In these longer sessions, a safe container can be fully established where deeper trauma work can take place.

Community Workshops/Groups

Our community groups are free/donation based mutual aid spaces designed to support specific populations. These are not therapy groups, instead focusing on education and peer support.



The Phoenix Center has been recognized as one of the first Experiential Certified Organizations in the world by the International Society of Experiential Professionals.

Low-Cost Services with Our Graduate Interns

Phoenix Center Internship Program

The Phoenix Trauma Center's mission is to provide quality services to our clients and high quality education for professionals. We are invested in training the best experiential trauma therapists in the field. Our internship program allows us to fulfill both parts of our mission while also providing financially accessible services. We receive a dozen or two internship requests each year and carefully choose graduate-level interns that already have experience, training, or other advanced knowledge related to our work. You can trust that you will experience excellent quality clinical services provided by Phoenix Trauma Center interns.

Our interns receive regular training and weekly supervision from our director Dr. Scott Giacomucci, DSW, LCSW, BCD, FAAETS, PAT. Interns also receive weekly supervision from an additional therapist at the Phoenix Center – in addition to supervision provided by their university program (professors and field placement liaison). They participate in regular trainings and professional development to increase their understanding and expertise of trauma. Our interns support our therapists co-leading psychotherapy groups and are engaged in leading their own free or low-cost community groups.

Intern's sessions start at \$75 (very flexible sliding scale)

For more info on our currently available interns, visit www.PhoenixTraumaCenter.com/low-cost-therapy-with-our-graduate-interns/