



Most therapeutic interventions for traumatized people don't help trauma victims stop experiencing the consequences of their trauma, but rather they help them to deal with those consequences. This can be useful, but it can be very unsatisfying and exhausting for someone who experienced many traumas. Trauma-specific therapy helps victims reprocess their trauma so that they are no longer experiencing its consequences, and the anger, dissociation, the intense desire to relapse, etc, that comes with it. However, even if someone can find a therapist who has the specific training to perform trauma therapy, it is very unlikely that they will be able to receive enough of it to fully treat their trauma. Intensive Trauma Focused Therapy can treat people with complex trauma histories in roughly a week. We believe that by providing it to those who need it, we can reduce crime, addiction and make a healthier community for everyone.

Below is one trauma survivor's account of what it's like to try and heal with our current system, receiving trauma therapy as it's typically administered.

*Hi. I've spent hours trying to write this because as a poly -victim trauma survivor, a lot of things that seem like they'll be simple turn out to take me longer than it may take others. As a survivor of Childhood Sexual Abuse (incest from ages 4 - 15), physical and emotional abuse (at the hands of my convicted domestically violent father and years later my now ex-husband), molestation (school counselor, 3rd grade), multiple sexual assaults (violently raped, multiple, separate incidents, different older men when I was a teen)..... it can often be hard for me to find ways to open up and communicate, especially when it has to do with my own trauma or even just my own self. As a recovering alcoholic/addict and survivor of suicide/chronic self-harm, I've struggled a lot trying to find help and support from anyone. Kinda like grasping at whatever straws I could find, really, and only within the last few years did I feel safe enough to start seeing a therapist for the first time.*

*Seeing a therapist has given me support in ways I had never imagined. He's validated me in crucial ways that have allowed me to feel truly safe discussing my experiences for the first time in my life. I've been diagnosed with CPTSD, Dissociative disorders including marked chronic Dissociative Amnesia, Anxiety and Depression, all which have helped me recognize why I've been struggling living with for so long. My insurance allows me to see my therapist for one hour a week. I'm grateful for that, but it always seems so short and like we're constantly cut off. I spend a lot of my time rushing to communicate and push through as much as I can before the clock runs out and it often makes me sad or agitated once we're done. I never have the time I feel we should - only the minimum time - which would be fine for a weekly average session in life, sure, but for someone with such a complex background and history it's disheartening. My therapist and I both know I could benefit from more in depth sessions but it's been impossible for me to focus and get past a certain level because we simply run out of time. I've been trying to work with him using EMDR [eye motion*

desensitization and reprocessing- a standard tool for treating trauma] but we've only had time for two sessions in the past year - because every therapy session we have ends up dealing with current life issues, leaving little to no time for working on the past trauma that I feel really holds me back from true healing and health. I hope that one day we can be allowed to spend the needed and appropriate time vs the bare minimum. I think we all deserve to be heard and supported, to be allowed the gift of healing and being freed of our trauma and the shackles it's held us in for so long.

ITFT is available to a small number of the people who need it, and in NY it is completely unavailable to people on Medicaid. Here is what how some of the lucky ones who can access it describe it.

*The TICTI [Trauma Institute & Child Trauma Institute, where patients have access to ITFT] Wilmington Intensive Program didn't just save my life it gave me a life. Before TICTI, I lived in constant fear inside my own body. Everything hurt. Muscle contractions, anxiety, depression, rashes, hair loss, I was wasting away. I truly believed it was only a matter of time before I disappeared completely.*

*Since being discharged, I feel like a phoenix rising from the ashes. You must burn to emerge. TICTI gave me the space to find my voice. For the first time, I felt seen, cared for, and believed in. I realized I am not what happened to me. I am not defined by the choices I made out of fear. I am worthy. I had lost my sense of self. I thought it was gone forever, until I met Laura.*

*When I walked out of Laura's office that final day in April 2025, everything felt new. Honestly, I didn't want to leave. If I could have lived in that office, I would have. I was terrified I wasn't strong enough. But I was. TICTI gave me the tools to wake up every day and believe I could and little by little, I did.*

*I meditated. I put the people who hurt me into a container and left them there. I set boundaries and enforced them. My childhood was stolen, years of my adult life too. Yet here I stand vulnerable, scared, sometimes overwhelmed but for the first time, authentically hopeful. That hope became my mantra: "Purpose to Power." I decided to make that my superpower and find my purpose in it.*

*By my 12-week follow-up, I was thriving. My inner world was transforming. Words no longer driven by fear, actions no longer fueled by anger. Connections became authentic. Love felt real.*

*Since then, I've started driving again all over Wilmington. I've built a circle of friends who truly want the best for me. I've created safe spaces when I need time. I'm in a loving, supportive relationship with my fiancé—we got engaged! I've been promoted at work and now lead with confidence, advocating for my coworkers and clients. I can be the mom I want to be, my daughter and I have adventures, even at places like Great Wolf Lodge with all the lights and noises. The biggest change? Repairing relationships and letting go of others without resentment. One of the greatest gifts TICTI gave me is empathy. I can look at those who hurt me and understand the pain that shaped them. I can hold space if they choose healing and let go if they don't.*

*I endured sexual abuse, physical and verbal violence, threats, and humiliation so severe I lost my sense of self. TICTI gave me the gift of living again. The tools Laura taught me didn't just save my life, they gave me a life.*

*This work—this mission—must continue. For humanity.*