

TRAUMA RESOLUTION AND INTEGRATION PROGRAM



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NSU's Psychology Services Center
Maltz Building
3301 College Avenue
Fort Lauderdale, Florida 33314-7796
(NSU Fort Lauderdale/Davie Campus)
(954) 262-5730 | nova.edu/trip



College of Psychology
NOVA SOUTHEASTERN UNIVERSITY



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WHAT WE OFFER

The **Nova Southeastern University (NSU)** Trauma Resolution and Integration Program provides specialized psychological services to individuals age 18 and above who have been exposed to traumatic situations and are currently experiencing problems in functioning. Some examples of traumatic situations include childhood abuse, rape, physical assault, or a life-threatening accident or injury that creates ongoing distress that interferes with day-to-day functioning and maintaining satisfactory interpersonal relationships.

Whether or not they have experienced a traumatic incident, we also treat individuals age 18 and older with dissociative experiences that disturb them or that interfere with their ability to function effectively. We also offer specialized affirmative care for individuals identifying as sexual and/or gender minorities (e.g., LGBTQ+) and who have experienced traumatic events.

SERVICES PROVIDED

Clinical services include

- psychological assessment and therapy for trauma-related and dissociative disorder diagnoses
- individual and group therapy
- couples and family therapy

Group services include

- Dialectical Behavior Therapy (DBT)—This group helps participants cultivate a mastery of behavioral, emotional, and cognitive stability through four skills modules (mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness).
- Male-Identifying Survivors of Trauma Group—Based on the Contextual Trauma Therapy model (CTT; Gold, 2000), this group helps with understanding the impact of trauma on one's identity and masculinity, learning stress-related coping skills, addressing

feelings of shame and guilt, building strong relationships with family and friends, dealing with the societal impacts of being a male trauma survivor, and creating stability in times of chaos.

- Sexual-and-Gender-Minority-Identifying Survivors of Trauma Group (SGM)—This group operates from a trauma-informed affirmative care model, highlights strengths, explores how trauma affects one's sense of identity, and empowers individuals to express themselves safely and assertively.

FREQUENTLY ASKED QUESTIONS

FEES AND HOURS

NSU provides services at affordable rates.

Services are by appointment only.

Monday–Thursday, 9:00 a.m.–9:00 p.m.

Friday, 9:00 a.m.–5:00 p.m.

APPOINTMENTS

Call (954) 262-5730, or reach the program directly at (954) 262-5851.

DIRECTORS

Steven N. Gold, Ph.D., director

Amy Ellis, Ph.D., assistant director

Visit nova.edu/trip for more information about the directors.

NSU's Psychology Services Center is a state-of-the-art facility where providers are supervised by highly qualified, licensed professionals.

Services are available to individuals regardless of race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin