This program was born out of many years of work with clients who have experienced complex trauma.

When working with these clients, I often find that therapy is used to deal with the "crisis of the week," and we are left with little time and space to develop emotional regulation skills or to process the underlying trauma. The irony, of course, is that it's the lack of skills and unprocessed trauma that cause there to always be a "crisis of the week."

Therapy then becomes a holding pattern, likely preventing the client from getting worse, but not exactly helping them to get better.

These clients need more than therapy, but less than day treatment. They may be working, studying, or caring for their families, and need care that can work with their daily lives. They need trauma-sensitive care that will provide a safe space for healing. This is what Alumah will provide.

Please feel free to share with colleagues and clients who might benefit from Alumah