



Therapeutic Boarding School for Girls
SpringRidgeAcademy.com

Spring Ridge Academy Therapeutic Program

Our therapeutic milieu and approach is designed to address each student's unique set of issues, challenges and strengths and to assist the family in making changes that support each member's growth. The therapists and staff of SRA are able to effectively work with each student by building trusting and honest relationships.

We offer an integrated program that utilizes an overlay of techniques addressing individual and family issues.





Spring Ridge Academy Therapeutic Program

Below you will find a brief overview of some of the main therapeutic modalities utilized at Spring Ridge Academy, as well as some resources for deeper understanding. Please note that all clinicians are trained in EMDR and Post Induction Therapy. In addition, Spring Ridge Academy is an agency certified provider of Trauma Release Exercises.

THERAPEUTIC MODALITIES

PIT – Post Induction Therapy

adapted for adolescents from Pia Mellody's work on co-dependence, PIT is a therapy modality designed to treat the effects of childhood trauma and resulting issues of developmental immaturity. Post Induction Therapy is an eclectic approach to therapy utilizing individual and group therapy and drawing from psychoanalytic therapies, Gestalt, Family Systems Theory, Transactional Analysis, Rational Emotive Therapy and the concepts of Erik Erikson and Carl Rogers. The 5 core issues of the PIT Model: Esteem, Boundaries, Reality, Dependence, and Moderation

The 4 Ego States of Development according to the PIT Model: Precious Child (Birth), Wounded Child (0-6yrs), Adapted Adult Wounded Child (7-17), Age Appropriate Functional Adult (18+)

**Recommended reading
for more detailed information:**

Facing Codependence: Pia Mellody

NARM – NeuroAffective Relational Model

NARM is a therapeutic model for addressing attachment, relational and developmental trauma, by working with the attachment patterns that cause life-long psychobiological symptoms and interpersonal difficulties. NARM is a mindfulness-based method grounded in a phenomenological approach to addressing identity and consciousness of self – who we truly are beneath the survival patterned ways we have become accustomed to in relating to ourselves and the world around us.

The 5 Core Needs/Capacities of NARM: Connection, Attunement, Autonomy, Trust, Love/Sexuality.

**Recommended reading
for more detailed information:**

Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Control and the Capacity for Relationship – Laurence Heller PhD, Aline LaPierre, PsyD



THERAPEUTIC MODALITIES

EMDR – Eye Movement Desensitization and Reprocessing

Francine Shapiro's model which uses bi-lateral eye movements (Audio, tactile) to aid the client in reprocessing traumatic memories which are believed to be stored in the brain's limbic system, an area which processes emotions and sensations but not language or speech. EMDR assists clients in reprocessing these memories in a manner that allows the memory to be stored more appropriately in the cognitive regions of the brain (frontal cortex) without the accompanying sensations and feelings of distress. EMDR allows the individual to heal from the symptoms and emotional distress that are the result of disturbing life experiences.

Recommended reading for more detailed information:

Getting Past Your Past: Francine Shapiro

SE – Somatic Experiencing

The Somatic Experiencing method is a body-oriented approach to the healing of trauma and other stress disorders. It is the life's work of Dr. Peter A. Levine. SE offers a framework to assess where a person is "stuck" in the fight, flight or freeze responses and provides clinical tools to resolve these fixated physiological states. The SE approach releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma.

Recommended reading for more detailed information:

Waking the Tiger: Healing Trauma: Peter A. Levine

TRE – Trauma/Tension Release Exercises

TRE is an innovative series of exercises developed by Dr. David Berceli to assist the body in releasing deep muscular patterns of stress, tension and trauma. The exercises safely activate a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. When this muscular shaking/vibrating mechanism is activated in a safe and controlled environment, the body is encouraged to return back to a state of balance. TRE is based on the fundamental idea, backed by research, that stress, tension and trauma is both psychological and physical.

Recommended reading for more detailed information:

Shake it off Naturally: Reduce Stress, Anxiety and Tension with TRE: Dr. David Berceli, Robert Scaer

Many of the Therapists at Spring Ridge Academy are trained in additional modalities including but not limited to: Sensorimotor Psychotherapy, Grief Recovery, Hypnotherapy, DBT, RBT, CBT and Trauma Informed CBT, and many others.