



# Trauma Intensive Programs

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# Trauma Intensive Programs

The Lighthouse Bali is proud to offer the only dedicated trauma intensive programs of their kind in Southeast Asia. Our unique trauma programs support clients to overcome the obstacles that were caused by traumatic events in the past, and provide the tools needed to move forward in a life filled with peace and happiness.

Our intensive trauma programs are specifically designed for clients who have suffered a traumatic event, or series of events, in their lives. Our team of experts guide each client to identify and work through their symptoms in order to prevent the long-term or chronic consequences that are often associated with trauma.

Our programs have been designed to support clients in calming down their nervous systems and breaking maladaptive habits that emerged from the trauma, while helping them to make sense of the traumatic event or events that have occurred.

Unlike weekly therapy sessions, which can take years to show results, our private trauma intensive programs focus on specific clinical procedures that ensure healing and recovery. Our programs are exclusive to one client at a time,



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ensuring that high-quality, dedicated commitment is provided in supporting clients to address their trauma events in a safe and comfortable environment.

Our trauma programs are specifically designed to support individuals suffering from visible and invisible trauma. Visible trauma is often called “Big T” trauma, and trauma survivors often receive a diagnosis known as PTSD (Post-Traumatic Stress Disorder). On the other hand, there is a more invisible type of trauma, also referred to as “Little T” trauma. Because “Little T” trauma is not a single event, it can easily go unnoticed or ignored.

Meanwhile this repeated trauma adds up to affect how individuals see themselves and others, and how their brain is wired to respond to the world. With “Little T” trauma, the survival systems remain on high alert, and individuals stay hypervigilant, but can’t pinpoint why. Instead of a PTSD diagnosis, individuals might have received a diagnosis of chronic depression, panic attacks, social anxiety disorder, eating disorders or struggle with addictive behavior.



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Fortunately, it is never too late to deal with trauma, big or small, and the best way to do so is with someone who is trained to find and treat trauma and its effects. Here at The Lighthouse Bali we use research-based, time-tested practices to get to the root of trauma and its impact on behavioral, mental, and emotional health. Our trauma programs are structured around a holistic and integrative approach, tailored to each client's specific needs and wants. We build each bespoke program around evidence-based trauma treatment modalities: Schema therapy and EMDR therapy (Eye Movement Desensitization and Reprocessing).

We offer a safe, supportive environment for clients to heal from trauma, no matter how small.

Reach out today to learn more.

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Website: [www.thelighthousebali.org](http://www.thelighthousebali.org)

# Scientific Evidence for Trauma Intensives

## Effective Symptom Reduction

Reduces PTSD-related symptoms and the severity of primary presenting problems; Improves quality of life, overall stability, and level of functioning

## Safety

An intensive program using EMDR therapy is a safe and effective treatment alternative for complex PTSD.

## Treatment Momentum & Compelling Economy

- Enables faster symptom reduction with similar, or even better, results while reducing premature drop out.
- Eliminates the ongoing costs and disruptions to life from living with untreated trauma symptoms and/or therapy sessions that fail to properly address the client's underlying issues.

Reference: Scientific Evidence for Intensive Trauma Treatment. Greenwald, R., Camden, A. A., Gamache, N., Lasser, K. A., Chapman, R., & Rattner, B. (2021). Intensive trauma-focused therapy with victims of crime.

European Journal of Trauma & Dissociation, 5(3), 100146.



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## **Examples of Single Incident Intensives:**

- Recent Events: Natural disaster, public violence, medical trauma, car accident, work-related trauma
- Ongoing Traumatic Stress: First responders processing vicarious trauma, frontline medical workers, racial trauma, divorce and/or custody battle, current domestic violence, gender identity & LGBTQ trauma, COVID stress, Cancer
- Stuck Beliefs & Fears that block: Avoidance of exercise, overeating, performance challenges in sports, writing or music, considering a career change or lifestyle change

## **Examples of Story-Clearing Intensives: Childhood Traumas**

- Abuse: emotional, physical, sexual, and neglect.
- Attachment wounds
- Bullying
- Death of a loved one
- Religion or cult trauma
- Significant changes, such as moves and loss of financial stability.

## Testimonials

**"I have no idea when I [have ever] felt so relaxed or safe,  
or I feel that I finally grew up according to my age."**

Kristen, 38, Hong Kong

**"I finally feel safe in my body again."**

Luisa, 24, Spain

**"People notice the difference inside me, even physically.  
I think I give a different type of energy now to other people."**

Marco, 52, USA

**"For the first time in [my] life, I feel ready to leave my crutches behind  
[emotional binge eating]."**

Lisa, 21, Germany

**"My nightmares stopped, and I can finally sleep again.  
It is like a miracle after more than two decades."**

David, 42, Hong Kong

**"I learned who I am and got to know all the different parts of me, and finally,  
after taking care of my most wounded parts, I am confident to allow  
emotions and to be my true self."**

Joanna, 40, UK/Hong Kong



## **Dr. Julia A. Andre, B.Sc., M.Sc., Ph.D**

Julia is a qualified trauma-informed Registered Clinical Psychologist (HCPC). She has completed eight years of University level training, with a total of three degrees. Since receiving her clinical training in Europe, Julia set down roots in Asia where she has practiced for ten years. She has worked with clients of all ages, cultures, religious beliefs, and backgrounds during this time. Julia's profession is dedicated to intensive trauma treatment, which moves away from the traditional weekly therapy model and into a more intensive treatment to facilitate the client's healing journey.



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## General Inclusions

- Pre-admission assessment with psychologist
- Pre-admission assessment with medical director
- Visa and VIP Airport service in Bali
- Support Staff, if requested
- Accommodation in a private villa in Sanur
- Transportation – private car and driver
- Lunch and dinner prepared by private chef (weekdays), villa stocked with breakfast foods, beverages and snacks, food out or ordered in on weekends
- Concierge Services
- Weekend activities (choose from our Directory)

## Core Program Modules

(may vary depending on each client's situation)

- Professional Integrative Trauma Therapy: 40 hrs in total (10 hrs a week)
- Therapeutic Massage: 3 hrs per week
- Nutritional Consultations (if determined during assessment)
- Life Coaching (if determined during assessment)





## Flex Modules

(may vary depending on each client's situation)  
(choice of 4 per week)

- Yoga
- Reiki
- Breathwork
- Aquatic Bodywork
- Sound Healing
- Qigong / Martial Arts
- Tennis
- Personal Training (gym or beach)
- Surfing



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**For additional information, please contact:**

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