

TRAUMA INTENSIVE PROGRAM

Restore is proud to offer a unique and holistic trauma-intensive program, which is one of a kind in Hong Kong.

Our program is designed to help clients overcome obstacles caused by traumatic events in their past and provide them with the necessary tools to move forward in life with peace and happiness.

Our team of experts guides each client to identify and work through their symptoms, helping to prevent the long-term or chronic consequences that are often associated with trauma.

At Restore Integrative Medical Clinic, we use an integrative approach tailored to each client's needs. We create bespoke programs around evidence-based trauma treatment modalities such as Schema Therapy, Parts work, EMDR therapy (Eye Movement Desensitization and Reprocessing), and Somatic Therapies like Mindfulness Embodied Movement that focus on the seven primary attitudes of mindfulness.

When you are exposed to trauma, "the body keeps the score", which is why we integrate bodywork treatments such as acupuncture, therapeutic massages, sound healing, and breathwork to facilitate optimal release.

We offer a safe, supportive environment for clients to heal from trauma. Please fill out the screening questionnaire if you are interested in the program.

1 X TRAUMA TREATMENT (150 MINUTES)

WEEKLY TRAUMA TREATMENT (150 MINUTES X 3)

MONTHLY TRAUMA TREATMENT (150 MINUTES X 12)

FOR MORE DETAILS ABOUT OUR INTEGRATIVE TRAUMA PROGRAM, CONTACT US AT:

address:

Room 1602, 16F, 1 Duddell Street, Central
Hong Kong

tell:

+852 23318816

email:

reception@restoreintegrativemedical.com

fax:

25908816

opening hours:

Mon - Fri : 9am to 6:30pm

Sat : 9am to 1pm

closed on sundays and public holidays



RESTORE
INTEGRATIVE MEDICAL CLINIC
FAMILY HEALTH, FUNCTIONAL & LONGEVITY MEDICINE

RESTORE INTEGRATIVE
MEDICAL CLINIC

TRAUMA INTENSIVE
PROGRAM

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How can our Trauma Program help you?

Recent Events

Natural disasters, public violence, medical trauma, car accident, work-related trauma

Ongoing Traumatic Stress

First responders processing vicarious trauma, frontline medical workers, racial trauma, divorce and custody battle, current domestic violence, gender, identity & LGBTQ trauma, COVID stress, Cancer

Stuck Beliefs and Fears that Block You

Avoidance of exercise, overeating, performance challenges in sports, writing or music, considering a career change or lifestyle change

Complex Trauma/Childhood Trauma

- Abuse: emotional, physical, sexual, and neglect
- Attachment wounds
- Bullying
- Death of parents/grandparents, siblings
- Religion or cult trauma
- Significant changes, such as moves and loss of financial stability

HEALING IS POSSIBLE

OUR TRAUMA INTENSIVE TEAM

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



Julia is a Registered Clinical Psychologist (HCPC) and a Certified EMDR Therapist (EMDRIA) with a focus on trauma-informed care. She is the Executive Director of the Trauma Intensive Program and has been practising in Asia for a decade. Julia successfully founded *Trauma Clinic Asia* and believes that healing can be accelerated beyond weekly talk therapy sessions. She specialised in treating complex childhood trauma and Dissociate Identity Disorders (DID).

Dr. Elaine Y.N. Ching, B.Sc, M.Sc, DCLinPsy



Elaine is a UK-trained Chartered Clinical Psychologist with 10+ years of experience, specializing in childhood and event-specific trauma such as relocation, grief, chronic physical health, and TCK. She also provides support for secondary symptoms that may arise as a result of trauma, such as anxiety, low mood, emotional dysregulation, stress, burnout, low self-esteem, and ongoing relationship challenges.

David Liu, MFA, MC



David is the Director of the Trauma Intensive Program in Hong Kong, with 12 years of experience teaching Mindfulness Embodied Movement at the Hong Kong Academy for Performing Arts. He specializes in using EMDR treatment and somatic therapies to treat various types of trauma, including single-incident trauma, ongoing traumatic distress, and complex childhood trauma. David's empathic and person-centered approach provides a solid foundation for healing.

ADD ON SERVICES

Practitioner	Item	Price (HKD)
Medical Doctor Dr Ho See Yunn	Initial Consult	1500
	Follow Up Consult	1200
	Lab Testing	on enquiry
Osteopath Alastair Sherlock	Initial Consult	1600
	Follow Up Consult	1500
Nutritionist	Initial Consult	1200
	Follow Up Consult	980
Acupuncturist Elizabeth Yau	Initial Consult	1500
	Follow Up Consult	1200
	Cupping	350
Physiotherapist & Craniosacral therapist Wendy Lam	Initial Consult	1600
Clinical Psychologist Dr Julia Andre	Consult	2200
Clinical Psychologist Dr Elaine Ching	Consult	2200
Counsellor & Trauma Therapist David Liu	Consult	2000