Location

Trauma Resolution and Integration Program (TRIP) is part of the Psychology Services Center located on the campus of Nova Southeastern University in the Maltz Psychology Building, at 3301 College Avenue, Davie, Florida.
The program

The Trauma Resolution and Integration Program (TRIP) is dedicated to helping adults (18 or older) who have experienced trauma—such as childhood abuse (physical, emotional, or sexual), criminal assault, rape, life-threatening accidents, or natural disasters (hurricanes, floods), or political torture—to overcome the variety of difficulties that often occur as the result of the trauma.

Difficulties commonly experienced by trauma survivors include

- periodic flashbacks or nightmares about the trauma
- keeping feelings hidden, having difficulty asserting yourself, emotional numbness
- escape into compulsive or addictive behaviors, such as substance abuse, self-injury, eating disorders, sexually compulsive behaviors
- problems at work due to sleepless nights, difficulty concentrating, apprehension about leaving the house
- feeling fearful, anxious, and guarded most of the time
- extremely low self-esteem, craving for acceptance from others
- “spacing” or blanking out, having difficulty staying focused on the present, extensive forgetting, and significant gaps in memory
- difficulty in personal relationships due to irritability, feelings of mistrust, a strong desire to pull away from others, or over-reliance on others

What forms of therapy are offered at TRIP?

TRIP provides

- individual psychotherapy,
- couples and family therapy
- coping skills education group (Dialectical Behavior Therapy)

For many of our clients, focusing on their trauma early in therapy increases their distress and makes it more difficult for them to function. To help these clients acquire the tools necessary to cope and function effectively, we provide group therapy in which they are taught many of the skills needed to be more effective in managing emotions, making sound decisions, tolerating distress, and interacting with others. As they begin to develop these abilities, they can begin to confront the traumatic experiences they have undergone in a way that is helpful, rather than overwhelming.

About your clinicians

TRIP therapists are masters-level clinicians in their third year of doctoral study in clinical psychology who have been specifically trained to provide clinical services to trauma survivors under the direct supervision of Dr. Steven N. Gold, the director of TRIP. Gold recently served as president of the International Society for the Study of Dissociation, is the author of Not Trauma Alone: Therapy for Child Abuse Survivors in Family and Social Context, and co-editor of the Journal of Trauma Practice.

The clinic

The Nova Southeastern University Psychology Services Center is a state-of-the-art training facility where highly motivated graduate students pursuing their degrees in the field of psychology are supervised by highly qualified professionals in their fields.

Services are available to adult clients regardless of race, color, sex, age, nonqualifying disability, religion or creed, or national or ethnic origin.

Fees

The Psychology Services Center of NSU’s Center for Psychological Studies provides services at affordable rates.

Clinic hours

By appointment only.
Monday–Thursday, 8:30 a.m.–8:30 p.m.
Friday, 8:30 a.m.–5:00 p.m.

For more information or an appointment, please call
(954) 262-5851
or email trip@nsu.nova.edu.