



BRAVE STEP TREATMENT PHILOSOPHY

Brave Step's treatment philosophy centers on the needs of those affected by sexual abuse. Utilizing industry best practices for trauma, Brave Step is invested in offering individual and group sessions that provide integrated, holistic treatment to help individuals and their families recover from the life-changing experience. Brave Step also offers support groups for survivors and their supporters. In addition, we provide empowerment activities.

We are committed to:

1. Engaging participants in the design, implementation and evaluation of treatment through personalized care plans, assisting in empowerment, resilience and investment in personal growth.
2. Respect and understanding for the individual.
3. Recognition of the importance of family and peers to the recovery process.
4. A dedication to providing industry best practices and the most effective trauma services currently available.
5. Empowering each person to recover from the challenging impact of trauma by promoting independence, accountability and creating a network of support.
6. Wellness and recovery principles are the center point of Brave Step's mission with personal capacity and potential at the forefront.
7. Providing well-qualified trauma therapists that are licensed and equipped to implement a variety of healing approaches.
8. Identifying reputable therapists that have understanding and relating skills that best meet your needs.
9. Obtaining appropriate referrals and screening each therapist to ensure the best possible service.
10. To the best of our abilities, Brave Step is committed to preparing you for the journey ahead.

It is our philosophy to ensure that each person receives completely personalized care, consistent with a treatment plan developed by an experienced, licensed mental health professional.