

TraumaWise Intensive Outpatient Program (IOP)

Accelerated, skills-based trauma treatment designed to help you stabilize, heal, and move forward.



The TraumaWise IOP at Minnesota Mental Health Clinics is a **structured group therapy** program designed to help individuals **understand how trauma impacts the brain and body** — and learn **practical skills** to build resilience and manage symptoms in daily life.

Participants gain tools that support both day-to-day functioning and deeper trauma processing work, helping **reduce emotional overwhelm while strengthening safety, control, and connection**.

Clients show **measurable improvement across seven core trauma recovery domains** including an **average rise from 3.6 to 4.4 (out of 5)** in trauma understanding and coping skills.

Evidence-Based Approach

This program blends trauma recovery science and DBT skill development, grounded in the work of:

- Janina Fisher — Transforming the Living Legacy of Trauma
- Marsha Linehan — DBT IOP curriculum foundations

Participants learn how trauma shapes emotional responses — and how to regulate, reconnect, and rebuild safety.

What to know about the TraumaWise IOP?



In person at the Eagan Clinic
3450 O'Leary Lane, Eagan, MN
Up to **8 participants**
Up to **2 clinicians** per group



Program Length: 9 Weeks
Schedule: Tue, Wed, Thu
Time: 9:00 AM – 12:00 PM



Covered by most major insurance, including: Aetna
BCBS, UHG, HealthPartners,
Cigna & Medicaid

Ready to Get Started?



📞 651-615-2641

✉️ contactus@mnmentalhealth.com

🌐 mnmentalhealth.com/traumawise



More about our TraumaWise IOP



Program Goals

- Increase emotional regulation and distress tolerance
- Strengthen resilience and daily coping skills
- Improve sense of safety, control, and stability
- Support trauma processing readiness and healing



How This Helps in Real Life

You'll build skills you can use immediately — at work, at home, in relationships, and during trauma-focused therapy — helping you manage emotional intensity and stay grounded during difficult moments.

Skills You'll Learn & Practice

Core DBT Skills

- Dialectics
- Emotional Regulation
- Distress Tolerance
- Core Mindfulness
- Interpersonal Effectiveness



Trauma Processing & Stabilization Skills

- Orienting to Safety
- Flash 2.0
- Back of Head Scale
- Differentiating Past vs. Present
- 10% Solutions
- Window of Tolerance
- Trigger Recognition & Response



**You don't have to navigate trauma alone —
real tools and real support start here.**

MMHC offers specialized mental health support for prevention, healing, and intervention for future, past, or immediate trauma.