

In response to a growing need, Lifeskills South Florida offers nationally recognized dialectical behavior therapy and trauma treatment for adult women 18+ in their specialized Women's Trauma Program at our North Campus. This unique program focuses on individual struggles with trauma and other related mental health diagnoses in a gender-specific, safe, and therapeutic environment.

## WHAT WE TREAT

While this program was developed to treat trauma, symptoms often overlap with many other mental health diagnoses related to emotional dysregulation, and Lifeskills provides industry-leading treatment for the following conditions:

- Anxiety
- Borderline Personality Disorder and Other Personality Disorders
- Dissociative Disorders
- Dual Diagnosis
- Interpersonal Relationships
- Maladaptive Behaviors
- Suicidal Thoughts
- Self-Harming Behaviors
- Trauma and Post Traumatic Stress Disorder



## HOW WE TREAT

We develop individualized recovery plans for each client, including specific skills, therapies, and pathways that best fit their needs and diagnosis. Our staff is intensively trained in all therapies and groups listed below, giving our clients the best chance of sustained recovery.

- Dialectical Behavior Therapy (DBT) Pathway and Radically Open DBT (RO-DBT)
- Trauma Pathway
  - Cognitive Processing Therapy (CPT)
  - Eye movement Desensitization and Reprocessing (EMDR)
  - Seeking Safety
- Exposure and Response Prevention (ERP)
- Family Support Program
- Grief and Loss Therapy
- Nutrition Therapy
- Yoga and Meditation Therapy
- Metabolic Fitness Pathway

## PROGRAM COMPONENTS:

Set in an encouraging, home-like, and healing small milieu with 24/7 nursing staff supervision on its own private section of the Lifeskills campus. The Women's Trauma Program focuses on balance and healing with a campus that permits separation without isolation. The property also includes areas for reflection, outdoor walking paths, sitting areas, patios, and water features. Program highlights include the following and more:

- Comprehensive 13-week DBT-adherent curriculum with trauma-related process groups.
- Group therapy curriculum with a focus on social skills training, interpersonal effectiveness, increasing motivation, expressive arts, and cognitive remediation.
- A focus on health and body utilizing activities of daily living (ADLs), including hygiene, medication compliance, sleep hygiene, nutrition, yoga, culinary arts, and metabolic fitness
- Psychiatric evaluation, with weekly follow-up appointments and increased pharmacologic appointments as needed, with the psychiatrist.
- A specifically assigned clinical primary therapist for individualized treatment and a family therapist for family support, as well as clinical family sessions.



“Lifeskills has a long history of working with trauma, borderline personality disorders, and other complex conditions, along with clinicians who are extensively trained in DBT. We’ve seen a growing need for gender-specific programming for these conditions and developed a clinically superior program combined with a safe environment specific for women to maximize their recovery potential.”

Despina Karfis, PsyD, DBT-Intensively Trained, EMDR-Trained  
Lead Primary Therapist for the Women's Trauma Program

*Lifeskills*  
SOUTH FLORIDA

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Lifeskills South Florida is a proud part  
of Odyssey Behavioral Healthcare