



BLOCK BUILDING
THERAPIES

Focus on education,
relaxation strategies and real
world exposure through our

EXPOSURE THERAPY PROGRAM



Exposure Therapy Program includes:

- Individual assessment with Occupational Therapist (in clinic or community) with a variety of subjective and objective clinical tools.
- Goal-oriented and client-centered assessment aimed at helping client develop daily functional goals as well as a return to work plan.
- Initial report. Weekly or monthly reports are available based on request of funding source/or medical team.
- Collaboration with third party funder (Disability Case Manager) as well as treating Psychologist. It may include phone consultation, as well as 1-1 multidisciplinary team meetings to set a rehabilitation plan.
- Direct 1-1 in-vivo sessions with either Rehabilitation Support Worker or OT from once to twice weekly to work on exposures to “triggers” that affect client’s ability to function in or out of the home, in the community or in relation to a return to work setting.
- Gradual exposure to various situations and environments within the client’s comfort level with progress over time to more complex areas causing anxiety, fear or other-related emotions.
- Creation of a customized exposure hierarchy which guides treatment.

Ideal for clients who are experiencing PTSD or other trauma- and stressor-related conditions

For more information or to make a referral to the Exposure Therapy program, contact Block Building Therapy at 204-231-0785. Find our referral forms online at www.blockbuilding.ca



Block Building Therapies

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