

Aurora San Diego

PTSD Program

Process Groups

CBT Groups

DBT Skills Training

Individual Therapy

Adjunctive Therapy

Physical Exercise

Medication Management

Prolonged Exposure Therapy

Acceptance and
Commitment Therapy

Cognitive Processing
Therapy

EMDR

Mindfulness Based Stress
Reduction (MBSR)

Chemical Dependency Program

Medical Detoxification

Inpatient Rehabilitation

Individual Counseling

Disease Concept

Step Study

Co-Occurring Program

Combination of the above

Seeking Safety Program

Assessments

PCL—M

PSQ I

BDI II

DAPS

Full Battery Psych Testing

Active Duty Military Program



Aurora Behavioral Health Care offers specialized inpatient treatment programs for active duty service members working through a myriad of issues including:

- Combat related Post Traumatic Stress Disorder
- Substance Abuse/Dependence
- Mood Disorders
- Co-occurring (PTSD/CD) Disorders

Through the use of evidence based practices our multidisciplinary treatment approach enables us to assess, treat and then assist the service member with transitioning back to base. Our highly trained and experienced staff have received individual specialized training from international thought leaders and clinicians and continue to participate in national conferences on the treatment of active duty service members.

Program Highlights

- Units dedicated to Active Duty Service Members
- Dedicated Psychiatrists exclusively for service members
- Specialized Military Case Managers/Liaisons
- Daily group therapy
- Family Therapy
- Individual Therapy multiple times/week
- Individual Substance Abuse Counseling multiple times/week
- Yoga & Mindfulness Based Stress Reduction
- Physical Fitness Program/Nutrition Counseling
- Chronic Pain Management
- Sleep Hygiene Protocol
- Therapeutic outings with in vivo exposures
- Equine Therapy

How to refer

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