

MET(T)A PROTOCOL

HEALTHIER STAFF • HEALTHIER CLIENTS
HEALTHIER CENTER

MET(T)A PROTOCOL

Mindfulness and EMDR Treatment Template for Agencies

At StartAgain, we believe that integrating mindfulness and EMDR therapy represents best practice for providing trauma resolution, and trauma resolution represents the best outcome for people suffering from addiction and other mental and emotional health issues.

MET(T)A Protocol OFFERS:

Complete Trauma-Focused Treatment System for your clinical team and staff based on the evidence-based EMDR 8-Phase Protocol

Full staff training in Trauma-Focused Care and Trauma-Focused Language

Full Staff training in Mindful Lifestyle and Mindful Lifestyle Psycho-Education

Instruction and Materials to run Trauma-Informed and Mindful Lifestyle Groups

Training in long-term case conceptualization and tools to create 5-year treatment plans

BENEFITS to your CENTER:

- Organized scaffolding for clinical team to run smoothly and efficiently
- Cohesion between clinical team, frontline staff, and program staff
- Fulfillment of private insurance and Joint Commission / CARF requirements to run trauma-informed programming
- Calmer and healthier milieu due to more effective communication between all staff and clients
- Longer client retention and higher success rates
- Calmer, healthier, and more effective staff
- Higher staff retention
- Full support for staff who are running groups – less staff burnout
- Manualized groups keep quality of care high and systemized
- Ahead of the curve for future regulations that will mandate long-term treatment goals as outlined in 2016 Surgeon General's report
- Long term goals translates into long-term contact with clients, strong alumni database, and increased census

Stemming from the wisdom and evidence-based practices of Buddhist Mindfulness, Trauma Focused Care, and EMDR Therapy, the MET(T)A Protocol:

- Utilizes the 8-Phase Protocol of EMDR Therapy as a Comprehensive Treatment System
 - Includes Mindfulness Lifestyle and Resourcing Therapies
 - Provides Psycho-Education for Clients and Families
- Establishes Long-term Support through Trauma-Informed Life Skills Coaching for Sustained Recovery and Healing

BECOMING AN ACCREDITED MET(T)A PROGRAM:

Treatment Centers and Group Practices who employ the **MET(T)A PROTOCOL** are top-tier treatment providers who understand the need for trauma-focused care. Centers who become accredited **MET(T)A Protocol** programs receive these benefits:

- Alignment with private insurance and accreditation agency mandates (Joint Commission, CARF) that treatment must be trauma-informed and integrated
- Knowledge that treatment is evidence-based and at the forefront of the most efficacious substance use and co-occurring disorder treatment
- Support Manuals and Materials for Mindfulness and Resourcing Groups, Trauma Education Groups, Healthy Lifestyle Groups, Relapse Prevention Groups, and more
- Regular Supervision with a **MET(T)A Certified** and EMDRIA Approved Consultant to support clinical and front line staff
- Guidance to create long term continuing care plans for your clients with access to our exclusive trauma-informed life-skills and recovery coaches both during treatment and after discharge, in accordance with Best Practices outlined by the US Surgeon General

A Letter from Dr. Steve...

In my 30 years as a student and teacher of Buddhist meditation and then as a mental health professional and addiction expert, I have witnessed many treatment protocols and seen what has worked and what hasn't.

The most successful substance abuse and mental health treatments are trauma-informed, evidence based, and long term. I have gone a step further by creating a treatment protocol that is not only trauma informed but Trauma-Focused – a treatment protocol that includes all of the most successful elements of addiction treatment today.

The **MET(T)A Protocol** is a unique, evidence-based full treatment system that embraces the 8-phase protocol of EMDR Therapy and Mindfulness as a comprehensive model of treatment and includes mindful lifestyle protocols with long term support. At my company StartAgain, we train and accredit treatment centers, group practices and individual clinicians in the **MET(T)A Protocol**. And we also train and accredit trauma-informed life skills coaches who help ensure long-term sustained recovery for **MET(T)A Protocol** clients.

My deepest hope is to help end suffering for as many people as possible. I know the **MET(T)A Protocol** is a piece of that picture, and I am excited to see the **MET(T)A Protocol** expand across the country and around the world.

May all beings be happy, may all beings be at ease, may all beings know their true natures.

In wellness,

Steve



If you are interested in becoming a MET(T)A Accredited Center or Group Practice, or you would like information about other StartAgain offerings such as Full Staff EMDR Training for your center, please contact us:
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