

Trauma and Grief/Loss

Trauma and grief are undeniable factors of our lives that continue to cripple our well-being. MTR therapy is built on the grounds of trauma-informed care. We have clinicians trained in Eye Movement Desensitization Reprocessing (EMDR). EMDR is an evidence based trauma modality recognized by the World Health Organization (WHO) and the Veterans Administration.

Grief and loss is also an unexpected challenge that many employees experience. A loss can lead to much time away from work and a lack of space to identify the feelings related to the traumatic impact of loss. At MTR we provide specialized care in grief loss focusing on defining one's own, the process of grief, and how the end goal of acceptance can be seen from a trauma and healing perspective.



Why Us?

Providing EAP services for employees has proven to be beneficial for business growth, employee morale, and employee retention. Our goal is to provide a service rooted in inclusivity aimed at promoting safety, empathy, and support for your employees. It is our mission to make them feel safe and to be seen and heard.

We are a direct service. Meaning that you work directly with our EAP team as opposed to a third party company. Many EAP's are built to utilize a service that takes referrals and disperses them to "who they believe is the best practice fit". This model lacks a "personal touch" as employees call an 800 number and "hope for the best".

Collaboration and partnership is the MTR EAP model. Your employees no longer need to "hope for the best" when trying to access EAP. They will have access to our team and have the ability to submit a request online, by phone or via text. We guarantee a 24 hour turn-around time for scheduling.

We look forward to servicing your employees and offer different packages. For additional information of our EAP service, please view our website:

<https://mtrtherapy.com/eap>



Employee Assistance Programming



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Employee Assistance Programming

EAP is an Employee Assistance Program that provides mental health support and triage for employees and their families.

Our mission is to provide an EAP service that is intentional in providing quality mental health services that defeat the stereotypical EAP program. MTR Therapy was established in 2015 and has been providing mental health services for the marginalized communities of Philadelphia and Central New Jersey. We have expanded to Oregon and Florida under the EAP umbrella. We pride ourselves in moving “beyond trauma-informed care”, and work towards healing, acceptance, and living one’s truth. Over the course of 5 years we have developed strong relationships with the City of Philadelphia, community-based insurance organizations, small businesses, non-profit organizations, and third party EAP managed care programs.

We work within a social justice framework valuing “Diversity, Inclusion, and Equity.” Our staff mirror the communities we serve. Our program is all inclusive and is tailored to the unique needs of your organization.



The EAP we have developed will provide therapy and group services focused on:

- Health and Wellness
- Black, Indigenous, and People of Color (BIPOC)
- LGBTQ+
- Spanish Speaking individuals and those who identify as Latinx
- Substance use/misuse/recovery
- Trauma
- Grief and Loss
- Health and Life Coaching
- Mentorship for youth
- In-Service Workshops that include development, managing conflict, and multiculturalism.
- We have the capacity to provide additional in-service workshops that fits your needs.

As people of color and other marginalized communities engage in work stressors and also try to manage their own mental health, they may not find the space to be heard and validated for their experiences. We are intentional with providing affirming services rooted in social justice and from an intersectionality perspective. Safety and validation sometimes go missing when you are still managing the unintentional labor it requires to be a person of marginalized experience. This is one of our many specialties.

Approach

An EAP relationship with MTR Therapy will provide businesses like yourself availability to all of our mental health services specifically designed for trauma, grief and loss, and substance use and recovery.

We offer individual, couples, family therapy, and one-time assessment services either in person or virtually. We provide access to many different online platforms. We will be able to provide therapy services seven days a week. Hours vary by day.

As a business you can decide on the session limit per referral. Our therapists have a wide range of specialties from trauma-focused care, person-centered, and the incorporation of evidence based practices. We recommend that employees receive 8 to 12 sessions.

Group Therapy and COVID-19 Support

MTR provides group therapy that continues to focus on our mission objectives. As we all endure the reality of the current health crisis it is our mission to provide a space to acknowledge the traumatic impact of COVID-19 over a series of groups. Groups provide a safe space for people to normalize their experience to better improve functioning and progress. Our groups include:

1. Exploring the body with our movement groups run by staff who are certified in connecting the body to our mental health.
2. Groups focused on managing work and family stress and normalizing experiences to allow growth.
3. Recovery groups for those who may be suffering from substance use challenges and need a space to identify coping tools from a harm reduction approach.

**All groups will be built on the foundation of awareness of COVID-19 and how the crisis is impacting the mental health and wellness of employees.

The groups run for 60-minutes and are capped at 4 participants. Adjustments can be made to support the needs of your employees.