



# RISE

## PTSD & TRAUMA RECOVERY TRAINING

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# Thrive Health Services

## RISE: PTSD & Trauma Rehabilitation Program

**Developer:** Lawrence Flynn, LCSW, LICSW. CEO, Clinical Director, USAF Veteran

**Organization:** Thrive Health Services, LLP

### Program Components:

- RISE PTSD & Trauma Rehabilitation Program
- STAR Emotional Intelligence & Default Mode Network (DMN) Method
- Trauma-Informed Care (TIC)
- Rumination Focused Cognitive Behavioral Therapy (RF-CBT)
- Adaptive Disclosure (AD) & Impact of Killing in War (IKW) Models.
- Critical Incident Stress Debriefing

### Clinical Experience: 30+ Years Rehabilitative Services

I have treated and served many hundreds of active-duty and retired operators across the U.S. Armed Forces, Federal Defense Agencies, and Homeland Security sectors, including:

- Army
- Marine Corps
- Navy
- Air Force
- Coast Guard
- Department of Homeland Security
- Federal Bureau of Investigation
- U.S. Secret Service

### Client and Group Referrals for RISE Rehabilitation Services

- Currently accepting client referrals for individual therapeutic services
- Intensive Rehabilitation & Recovery Groups (5-10 clients per group) available

### Executive Program Overview

RISE is a neuroscience-informed, PTSD/trauma informed rehabilitation treatment system designed to provide a progressive and integrated therapeutic model that addresses neurological, psychological, emotional, physiological, and functional health disruptions caused by trauma, moral injury, recurring operational stress, and chronic nervous system arousal. RISE was specifically designed for active-duty service members, veterans, wounded warriors, law enforcement, first responders, and frontline healthcare professionals. These special populations complex trauma is often multi-layered and cumulative, shaped not only by single catastrophic events, but by years of chronic exposure and threat, operational intensity, and the psychological weight of moral and identity-altering injury.

### Rehabilitative Significance of the RISE Method

Trauma-exposed populations, particularly military and frontline law and medical professions face disproportionately high rates of PTSD, depression, sleep disturbance, TBI-related impairment, substance misuse, compulsive behaviors, self-harm, and relational strain. These patterns reflect the cumulative impact of sustained operational stress, moral injury, and chronic nervous system dysregulation conditions that require structured, system-wide rehabilitation rather than symptom-focused intervention alone.

**Traditional therapy/treatment models may not adequately address:**

- Central Nervous System (CNS) dysregulation and chronic threat activation
- Collapse or narrowing of the Window of Tolerance under stress
- Default Mode Network (DMN)-driven rumination, guilt, and autonomic looping
- Identity fragmentation following combat service, moral injury, or cumulative trauma exposure
- Psychological and moral injury related to actions taken, witnessed, or survived
- Sleep disruption and circadian instability that reinforce trauma physiology
- Over-reliance on insight-based talk therapy without adequate physiological stabilization

RISE directly targets these service gaps through a structured neuroscience-informed and outcome-driven rehabilitation model.

**Rise Rehabilitation Program Four Pillars & Evidence-Based Therapeutic Approaches**

- **Recovery:** Restoration of safety, physiological stability, substance reductions, and functional health through nervous system regulation and symptom stabilization.
- **Insight:** Development of awareness, meaning-making, and cognitive-emotional understanding of trauma, beliefs, and patterns.
- **Strength:** Cultivation of emotional regulation, resilience, coping capacity, and relational effectiveness.
- **Empowerment:** Reclamation of identity, agency, purpose, and self-directed long-term wellness.

While each phase emphasizes a primary pillar, all four pillars work together as a system throughout treatment, fostering recovery, insight, and empowerment to develop with each client and group.

**STAR (EI) Method – The Core Emotional Stabilization System**

**STAR (Stop and Think before Acting or Reacting)** is a framework that integrates neuroscience, thought-architecture, window of tolerance, polyvagal theory, and evidence-based MCT/RF-CBT/DBT therapeutic strategies.

**STAR helps clients to:**

- Interrupt dysregulated states hyper or hypo-arousal
- Recognize Sympathetic or Parasympathetic response
- Re-engage prefrontal cortex decision-making
- Regulate real-time anxiety, stress, rumination responses
- Reduce impulsivity and emotional reactivity
- Improve communication and relational stability

## **Why Partner With Thrive Health Services**

- A fully developed ready to serve evidence-based trauma rehabilitation program that is implementation ready and adaptable to clients and programs existing infrastructure.
- A military, first responder, and frontline medical professional treatment and recovery model designed to align with the unique needs of trauma-exposed populations.
- A scalable, flexible delivery system suitable for individual therapy, group-based programming, or hybrid models across levels of care.
- Comprehensive training and clinical consultation for clinicians and staff, supporting high-fidelity implementation and sustainability.

## **Measurable Rehabilitative Outcomes**

- PTSD symptom severity recovery
- Improved emotional regulation and impulse control
- Improved sleep quality and nervous system regulation
- Reduction in maladaptive coping (substances, numbing, compulsive behaviors)
- Relationship functioning and communication
- Post-traumatic interpersonal growth, purpose, identity clarity

## **Next Steps for working with the RISE Program**

1. Clients can schedule an individual consultation or comprehensive intake screening.
2. Programs can request executive briefing to discuss RISE program scope and customization.

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