

PROGRAM FOUNDATIONS & STRUCTURE

The Living Free Intensive Outpatient Program (IOP) is an intensive, evidence-based 8-week clinical treatment model designed to systematically deconstruct stress, trauma, and autonomic nervous system dysregulation. Delivering 12–15 direct clinical contact hours per week, clients engage across individualized therapies, somatic integration, and psychoeducational instruction.

MULTIDISCIPLINARY CLINICAL CARE TEAM

Clinical Therapist Delivers trauma-informed psychotherapy, deep psychological processing, and clinical trauma integration (EMDR, IFS, Inner Child).	Primary Counselor Leads weekly topic orientations, group synthesis, ongoing case management, and structured program support.
Somatic Coach Focuses on bottom-up nervous system regulation, body integration, interoceptive tracking, and physical tension release.	HPA & Behavioral Coach Directs endocrine alignment, habit restructuring, stress-axis coaching, sleep architecture, and routine creation.

WEEKLY CLINICAL HOUR DISTRIBUTION (13.5 DIRECT CONTACT HOURS)

DAY	SESSION TYPE	FACILITATOR	DURATION	WEEKLY IMPACT & PURPOSE
Monday	Weekly Topic Launch Group	Full Team & Client	1.5 Hours	Weekly theme orientation, intake goal setting.
Tue–Fri	Clinical Counseling (2x)	Primary Counselor	2.0 Hours	Conceptual processing and skill development.
Tue–Fri	Trauma Psychotherapy (2x)	Clinical Therapist	2.0 Hours	Deep trauma processing using EMDR/IFS.
Tue–Fri	Somatic Regulation (2-3x)	Somatic Coach	2.5 Hours	ANS regulation, vagal braking & breathwork.
Tue–Fri	HPA & Behavioral Coaching	HPA Coach	2.5 Hours	Endocrine alignment & dopamine restoration.
Saturday	End-of-Week Synthesis	Full Team & Client	1.5 Hours	Evaluation, SMART goals & weekend stabilization.

CURRICULUM OVERVIEW

PHASE 1: FOUNDATIONS & PHYSIOLOGY (WEEKS 1–4)

PHASE 1

PHASE 1 OBJECTIVES: REVERSING BIOLOGICAL DYSREGULATION

Phase 1 establishes the theoretical baseline and physiological awareness necessary for deep recovery. Clients transition from conceptualizing stress and trauma to actively tracking and regulating their own neurobiological patterns.

Week 1: Introduction to Trauma & Neurological Impact

12–15 Clinical Hours

Core Focus: Defining trauma beyond event-based criteria to encompass biological and somatic imprint.

- **Monday Launch (1.5h):** Full team intake and introduction to the Living Free trauma framework.
- **Counseling & Therapy (4.0h):** Unpacking acute vs. complex trauma; defining safety boundaries.
- **Somatic Coaching (3.0h):** Body safety, recognizing implicit threat responses, and sensory mapping.
- **Behavioral/HPA (2.0h):** Establishing baseline behavioral structure and support routines.
- **Saturday Group (1.5h):** Multidisciplinary review of Week 1 insights and initial stabilization.

Week 2: Living Free Allostatic Stress-Diathesis Model

12–15 Clinical Hours

Core Focus: Understanding and calculating the Allostatic Load-Capacity Equation.

- **Monday Launch (1.5h):** Introduction to the Allostatic Load-capacity equation.
- **Counseling & Therapy (4.0h):** Mapping personal vulnerabilities across 5 diagnostic domains.
- **Somatic Coaching (3.0h):** Somatic recognition of overload; breathwork to interrupt triggers.
- **Behavioral/HPA (2.0h):** Manual work focusing on reducing systemic environmental burdens.
- **Saturday Group (1.5h):** Integration of Allostatic Load maps with full clinical team feedback.

Week 3: Autonomic Nervous System (ANS) & Vagal Regulation

12–15 Clinical Hours

Core Focus: Polyvagal theory, sympathetic drive, and vagal brake activation.

- **Monday Launch (1.5h):** Interactive ANS mapping session involving all 4 practitioners.
- **Counseling & Therapy (4.0h):** State-dependent thinking; fight/flight vs. dorsal shutdown patterns.
- **Somatic Coaching (3.0h):** Vagus nerve stimulation drills, grounding postures, and co-regulation.
- **Behavioral/HPA (2.0h):** Daily routine adjustments to foster autonomic flexibility.
- **Saturday Group (1.5h):** Group evaluation of ANS tracking logs and somatic regulation gains.

Week 4: Behavioral Psychology & Habit Restructuring

12–15 Clinical Hours

Core Focus: Modifying maladaptive coping loops and conditioning healthy response patterns.

- **Monday Launch (1.5h):** Unpacking functional behavior analysis in trauma recovery.
- **Counseling & Therapy (4.0h):** Survival behaviors vs. value-driven choices; addressing fears of change.
- **Somatic Coaching (2.0h):** Interrupting somatic urge loops and physical anchoring practices.
- **Behavioral/HPA (3.0h):** Habit stacking, digital detox protocols, and friction reduction.
- **Saturday Group (1.5h):** Weekly behavioral audit and peer accountability alignment.

CURRICULUM OVERVIEW

PHASE 2: INTEGRATION & FUTURE VISION (WEEKS 5–8)

PHASE 2

PHASE 2 OBJECTIVES: LONG-TERM INTEGRATION & RESILIENCE

Phase 2 shifts focus toward internal endocrine stabilization, environmental alignment, top-down cognitive restructuring, and constructing a self-directed, post-IOP maintenance model.

Week 5: HPA Axis & Endocrine Stabilization

12–15 Clinical Hours

Core Focus: HPA axis regulation, endocrine fatigue management, and circadian health.

- **Monday Launch (1.5h):** Cortisol curves, stress hormones, and systemic endocrine fatigue.
- **Counseling & Therapy (4.0h):** Exploring clinical burnout, hyper-vigilance, and recovery.
- **Somatic Coaching (2.0h):** Parasympathetic restorative postures and deep tissue release.
- **Behavioral/HPA (3.0h):** Chronobiology alignment, light protocols, and supplementation.
- **Saturday Group (1.5h):** Review of hormonal/HPA markers and weekend recovery plans.

Week 6: Environmental Systems & Relational Dynamics

12–15 Clinical Hours

Core Focus: Boundary setting, external triggers, and sensory space optimization.

- **Monday Launch (1.5h):** Systemic evaluation of home, workplace, and relational dynamics.
- **Counseling & Therapy (4.0h):** Interpersonal boundaries and navigating systemic triggers.
- **Somatic Coaching (3.0h):** Posture of assertion and spatial awareness during activation.
- **Behavioral/HPA (2.0h):** Environmental audit across Relationships, Agency, and Learning.
- **Saturday Group (1.5h):** Boundary simulation drills and environment modification sign-off.

Week 7: Cognition, Neuroplasticity & Narrative Reframing

12–15 Clinical Hours

Core Focus: Cognitive reframing, breaking thought loops, and top-down pathways.

- **Monday Launch (1.5h):** Top-down cognitive restructuring and neuroplasticity principles.
- **Counseling & Therapy (4.0h):** Restructuring core negative beliefs and self-limiting narratives.
- **Somatic Coaching (3.0h):** Dual-awareness tracking (combining cognition with somatic sensation).
- **Behavioral/HPA (2.0h):** Cognitive reframing drills and mental repetition of adaptive states.
- **Saturday Group (1.5h):** Presentation of rewritten personal core narratives.

Week 8: Recovery Vision, Relapse Prevention & Future Planning

12–15 Clinical Hours

Core Focus: Translating 8 weeks of clinical gains into a permanent lifestyle model.

- **Monday Launch (1.5h):** Formulating the post-IOP long-term self-sustaining roadmap.
- **Counseling & Therapy (4.0h):** Relapse prevention plan, early warning signs, and discharge processing.
- **Somatic Coaching (3.0h):** Finalizing personal daily somatic regulation toolkits.
- **Behavioral/HPA (2.0h):** Constructing the 90-day post-IOP behavioral maintenance plan.
- **Saturday Group (1.5h):** Final multidisciplinary graduation and outcome measurement review.

INTEGRATED CARE & GUIDELINES

MODALITIES, COMMITMENTS & STEP-DOWN CONTINUITY

GUIDELINES

MULTIDISCIPLINARY MODALITY MATRIX

Psychotherapy & Counseling

- Cognitive Behavioral Therapy (CBT)
- Acceptance & Commitment Therapy (ACT)
- Trauma Narrative Processing
- Relapse Prevention & Crisis Planning

Somatic HPA & Behavioral Coaching

- Polyvagal Vagus Nerve Stimulation
- Interoceptive Exposure & Tracking
- Allostatic Load Reduction Protocols
- Chronobiology & Circadian Alignment

PROGRAM GUIDELINES & CLIENT COMMITMENTS

ATTENDANCE & PUNCTUALITY EXPECTATIONS

Active participation in all 12–15 clinical hours per week is required. Attendance at both 1.5-hour group anchor sessions (Monday Orientation and Saturday Wrap-Up) is mandatory to ensure proper clinical oversight and progress tracking.

IN-BETWEEN SESSION PRACTICE

Clients are expected to complete daily somatic tracking logs, behavioral habit protocols, and HPA rest assignments between scheduled clinician appointments to solidify neuroplastic gains.

CLINICAL OUTCOMES & POST-PROGRAM CONTINUITY

Measurable Objectives:

- Significant, measurable reduction in baseline allostatic stress load.
- Enhanced Autonomic Nervous System flexibility and HPA axis regulation.
- Elimination of maladaptive cognitive, environmental, and behavioral coping mechanisms.

Step-Down Continuity: Upon successful completion of Week 8, clients may step down into bi-weekly maintenance counseling or individual somatic check-ins to ensure long-term stability and continued growth.

ADMISSIONS & INTAKE INFORMATION

Admissions are completed on a rolling basis following a thorough clinical assessment to determine program suitability.

Ready to begin? Contact us at info@livingfree.today