

# Nōmina

Wellness



Hurt Happens -Healing is Possible

**Nōmina Wellness is a premier mental health facility,  
specializing in dual diagnosis.**

**Nōmina Wellness @ Forbidden Plateau is a leading mental health treatment facility focused on the holistic healing of dual diagnosis and more complex, treatment-resistant disorders. We support those who need more intensive treatment with advanced care needs.**

#### **Contact Us**

1 877 651 0293  
[www.nominawellness.ca](http://www.nominawellness.ca)

# Nōmina Wellness



## What Makes Nōmina Different?

Nōmina Wellness is Canada's only mental health and addiction facility operating with unique and dynamic programs that support complex and mental health. Rooted in our trauma-informed care, our uniquely designed sequenced program has been modeled after years of scientific research on lasting transformational change.

Our registered physiotherapists hold a minimum master's level education, enabling them to provide progressive, evidence-based approaches to support you as a whole person. We create a personalized treatment plan to help you achieve optimal wellness by integrating leading therapeutic techniques such as ISTDP, EMDR, Direct Neurofeedback, CBT, DBT, and somatic-based practices with cutting-edge medical science.

Nōmina is dedicated to the highest level of client care. From intensive one-on-one counselling, active living, integrated nutrition, creative exploration, and a highly specialized team of collaborative professionals, we have developed an innovative and comprehensive experience.

### **An Integrated Family Approach**

Working with a Healing Centred Engagement (HCE) approach, Nōmina recognizes the importance of loved ones and community engagement as part of the healing process. We recognize that healing does not happen in isolation. Recovery from any mental health disorder acknowledges the time, patience, and an abundance of strength our loved ones have provided.

Our comprehensive family integration programming is designed to support those affected by their loved one's mental health journey. We acknowledge the profound impacts and sacrifices our families make as part of this process.

### **Private, Confidential, and Refined**

Nōmina Wellness @ Forbidden Plateau is nestled away in the healing wilderness of Vancouver Island, making our secluded location ideal for your healing journey. Confidentiality of all of our clients is one of our cornerstones, we take a number of steps to ensure that your confidentiality and privacy is protected. Our main lodge facilities boast private bedrooms (with an ensuite bath) a therapeutic spa, and meals prepared by culinary chefs. The intimate size of our facility allows us to tailor our program to each of our client's unique needs. Our secondary dwelling, Margaret House, features shared accommodations with access to the same program offerings and all other amenities.

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## What We Treat

**At Nōmina Wellness, we believe that everyone has the ability to heal from within. Our approach is different from the standard treatment centres; we believe in a Healing Centred Engagement (HCE).**

Healing Centred Engagement is a paradigm shift in how we approach treatment; we do not focus on asking what is wrong with you, or what happened to you, but more so on what your strengths are and what is right with you, and how can you use these things to heal.

We think the underlying reason behind a mental health issue is separate from the way that issue is expressed. We help you dig under the surface to find what is at the root of a particular issue and combine it with the successes you have had in your life to create new behavioural patterns. Our master's level registered physiotherapists use this information to help you make connections about how your past influences your present and perhaps even your future.

**This method allows us to address a wide breadth of mental health issues including:**

- Trauma
- PTSD
- Gender Dysphoria
- Anxiety
- Depression
- Phobias
- Chronic Stress
- Medically Unexplained symptoms
- Chronic Pain
- Addictions/Substance Use
- Bipolar Disorder
- Borderline Personality Disorder
- Sex/sexual functioning
- Relationships
- Eating Disorders
- Gambling
- Technology Dependence
- Military Sexual Trauma

We believe in supporting you through every stage of healing. Our robust aftercare planning starts when you arrive. All clients who complete their treatment program, as well as their family members who are involved in their programming, are able to participate in our supportive virtual care community for one year post treatment. We continue this level of support with our integrated second stage and intensive outpatient options for those who desire a greater level of support before returning home following their inpatient program.

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## How We Treat

**Evidence-Based Therapies, like Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT Therapy), and Direct Neurofeedback (DNF) foster lifelong learning and critical thinking by promoting positive treatment outcomes, while being highly effective and less costly.**

### **Core Program**

Our mental health recovery programs are designed around a 6-week, integrated program based on the STAMP wellness model founded by Dr. Adriana Wilson. In addition to psychoeducation on various components of wellness, our program offers several core elements.

### **Comprehensive Program**

This comprehensive Focused Recovery Program builds upon our Core Program and is designed for those who need additional time to focus on their complex mental health needs, or who may need comprehensive resources as part of their treatment planning.

### **Skills-Focused Program**

Modeled after our Core Program, our Skills-Focused Program provides the same core programming with the primary variations being shared accommodation and less customization of services as required in a comprehensive program, leaving space for increased skill development.

**\*Please visit our website at [www.nominawellness.ca](http://www.nominawellness.ca) or call 1 877 651 0293 for a complete list of programs.**