

Mind.
Body
Spirit.

Program Director



Courtney Chaney,
LPC - Director of
Trauma Recovery IOP

Courtney's services include individual therapy for women and Christian counseling. She specializes in eating disorders, body image issues, trauma, and self-esteem and self-worth issues. She has a passion for helping individuals find their true authentic selves and gain freedom, purpose and empowerment through the process of therapy. Courtney believes in the process of therapy and the transformation therapy can have on people's lives.



Our Mission

To address the epidemic of eating disorders and the underlying trauma by providing education, research, and financial assistance for treatment to all qualified individuals through well-administered programs. These programs include care at these levels: outpatient, intensive outpatient, partial hospitalization, and residential care.



Contact Us!

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Trauma Recovery Intensive Outpatient Program

Trauma IOP

Manna Treatment would like to introduce our Intensive Outpatient Program (IOP) for recovering from trauma for women 18 and up.

Traumatic experiences take more than just time to heal. Sometimes, additional group support and intentional skills training is needed to cope with flashbacks, triggers, or anxiety.

We believe that services should encompass all aspects of an individual's functioning: mind, body, and spirit. Our holistic approach is designed to help those struggling with eating disorders, trauma, and emotional issues to grow and recover.



The Missing
Piece in Eating
Disorder and
Trauma
Recovery!

We know that recovery can drain you physically, emotionally, and suck up time without warning! We have created this program as an alternative to feeling fearful and hopeless.

Our hope for you is to achieve the following goals:

1. Process your trauma with DBT, ACT, and CBT trained therapists
2. Learn ways to cope with uncomfortable emotions and self-destructive behaviors
3. Safely express thoughts and emotions in a compassionate environment
4. Practice interpersonal skills
5. Take care of yourself during this process.

Surviving to Thriving to Leading!

You Can Do It!

We want this program to be helpful and educational for those who have unresolved trauma. Individual therapy, of course, is crucial in addressing a traumatic event, and sometimes more support is still needed. Our hope is that the care provided by trained therapists in this program will allow you to share your journey and process your healing with other people going through similar situations.



Congratulations for
taking a hard and
necessary step!