

# Trauma Recovery Program

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave

## Who is the program for?

This program is developed for all current serving military, veterans, current or ex-serving emergency services personnel who would like to gain a better understanding of living with PTSD.

## Program content

- Introduction to PTSD
- Stress management
- Understanding anxiety
- Identifying self talk
- Awareness and avoidance
- Self esteem
- Coping with change
- Assertiveness training and boundaries
- Anger management
- Improving relationships
- Depression
- Drugs and alcohol
- Trauma treatment through individual

## Further information

For information on this program please contact Townsville Private Clinic Day Programs:

P 07 4431 1600

F 07 4431 1666

E [townsville@healthcare.com.au](mailto:townsville@healthcare.com.au)

## About the program

The Trauma Recovery program sessions are designed to provide a safe treatment setting for this client group. Sessions provide skills and techniques to manage PTSD more effectively, understand its impact on one's self and others, as well as fostering a support network for participants.

## When is it held?

### Moderate intensity program

Day: Monday to Friday

Time: 9:00am - 4:00pm

Duration: 4 weeks

Morning tea, lunch and afternoon tea is provided. It includes a three month and nine month follow up with participants.

### Low intensity program

Day: Monday & Tuesday

Time: 9:00am - 4:00pm

Duration: 12 weeks

Morning tea, lunch and afternoon tea is provided. It includes a three month and nine month follow up with participants.

## How to join

If you are interested in attending the Trauma Recovery Program, you will need to discuss this with your treating

Psychiatrist who will assess your suitability and, if appropriate, provide a referral.

## How much does it cost?

You will be admitted day patient under DVA, WorkCover or your workplace and as such, can claim the cost via your health fund.

All funds have different rules. Please check with Townsville Private Clinic Day Programs staff, who will advise of any applicable out-of-pocket excess or gap costs that you will incur.

Townsville  
Private Clinic

a member of the [healthcare](#) group

