

Trauma Recovery Program (TRP)

Providing psychoeducation, and clinical support to develop confidence and skills in managing the recovery of PTSD.

Who is the program for?

This program is available for current serving military personnel, veterans or emergency service personnel who would like to gain a better understanding of PTSD.

Program content

The program covers:

- 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 though individual
- Sleep hygiene
- Vocational rehabilitation
- Physical health and lifestyle
- Mood and food
- Relationship and communication support

About the program

The Trauma Recovery Program is designed to provide a safe treatment setting for this client group. Participants will gain an understanding of the impact of trauma on their daily functioning and learn skills to manage their thinking and regulate their emotional responses as well as fostering a support network. The aim is to assist participants to develop a deeper understanding of this complex condition, promote healing and resilience, improve relationships and have a greater sense of control over one's life.

Program Requirements

Prior to the commencement in the program participants will attend a CAPS assessment to complete pre-assessment tasks, consider goals for attendance and orientate participants to the specifics of the program. This assessment can last for several hours. A refreshment snack will be provided.

This program includes additional partner/supporter information sessions to facilitate the understanding of PTSD including the signs, symptoms and management strategies as well as to support relationship development. External service providers are also involved in the program to support service awareness and community engagement after the program.

Participants are required to engage in individual therapy sessions with an experienced clinician from the Townsville Private Clinic which aids to support the therapeutic group work and personal goals for the program.

The program requires individuals to demonstrate a clear commitment to changing their behaviour by attending all group-based sessions. The program is both practical and self-reflective. It includes learning new skills and practicing them during and between sessions as part of weekly homework tasks.



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When is it held?

The Trauma Recovery Program is an 10-week program and is held twice a week across consecutive days. Each session runs from 8:30am until 2:30pm. Morning tea and lunch is provided.

How much does it cost?

You will be admitted as a day patient and as such, can claim the cost via your private health fund. All health funds have different rules. Please check with Townsville Private Clinic Day Program administration, who will advise you of any applicable out-of-pocket excess or gap costs that you will incur. This program is covered for Veterans under DVA.

Your Next Steps

Individuals interested in attending this program will need a referral from a Psychiatrist with admission rights to Townsville Private Clinic. Please discuss the group with your treating psychiatrist or contact the Townsville Private Clinic Admissions and Assessment team on 1800 884 767.

For information on this program please contact the Townsville Private Clinic Day Programs Team.

Phone 07 4431 1600 or email

townsville@aurorahealth.com.au

