

Recovery From Trauma

Providing resources, education and clinical support for survivors of trauma.

Who is the program for?

This program is useful for people who have experienced traumatic events which may include, sexual assault, domestic violence, bullying, vehicle accidents, war combat, witnessing a traumatic event or events that threaten and/or overwhelm them.

Program content

- Psychoeducation about the impact of trauma physiologically, emotionally, cognitively and interpersonally
- Paying attention to safety issues and triggers in daily life
- Understanding techniques to help modulate or control arousal of the nervous system affected by PTSD and other experiences of traumatic stress
- Developing empowerment in participants' lives to improve quality of life
- Discovering a personal "survivor mission" to assist with transforming original trauma and give meaning and purpose
- Reconnecting with meaningful activities including work, study, social relationships and community

South Eastern Private Hospital

About the program

This open group program is structured under three stages that participants pass through during their recovery. Each stage includes a number of goals and treatment targets. The content is informed by the research of leading experts in traumatic stress, including Judith Herman, John Briere, Bessel van der Kolk, Janina Fisher, Aphrodite Mataskis, John Arden and Babette Rothschild. The group process is informed by theoretical understandings from Psychodynamic Psychotherapy; Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Attachment theory and Mindfulness practice.

The program allows participants to increase their capacity to understand the impact of trauma, and manage symptoms which affect their lives more effectively.

When is it held?

Every Wednesday for six months as detailed below. Morning tea, lunch and afternoon tea is provided.

- 9:00am - 9:30am Registration and sign in
- 9:30am - 2:30pm Group program

How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to South Eastern Private Hospital.

How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with South Eastern Private Hospital.