

Treatment is provided by a highly skilled and experienced team including:

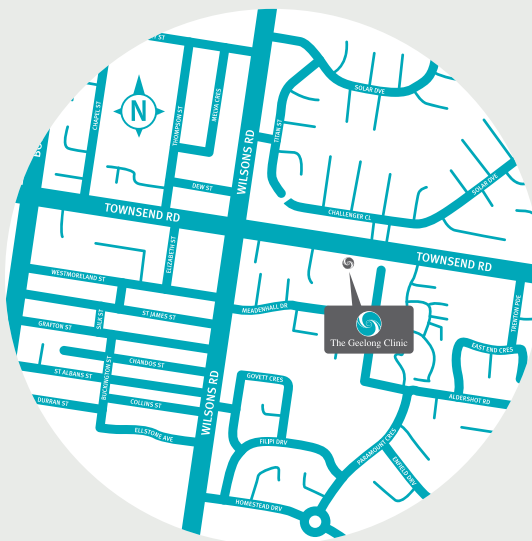
- Psychiatrist
- Psychologists
- Psychiatric nurses
- Occupational Therapists
- Other Allied Health Practitioners.

To be admitted to our programs, you will need to ask your General Practitioner for a referral to one of our accredited Geelong Clinic Psychiatrist.

For further details, please contact The Geelong Clinic on **03 5240 0700**.

The program is funded by DVA, ADF or WorkSafe.

We welcome your feedback. As we are continually reviewing and adding to our services and linking to other services within the Healthscope group we value the input of all our customers in ensuring we meet your needs.



The Geelong Clinic

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A Healthscope hospital.
ABN 85 006 405 152



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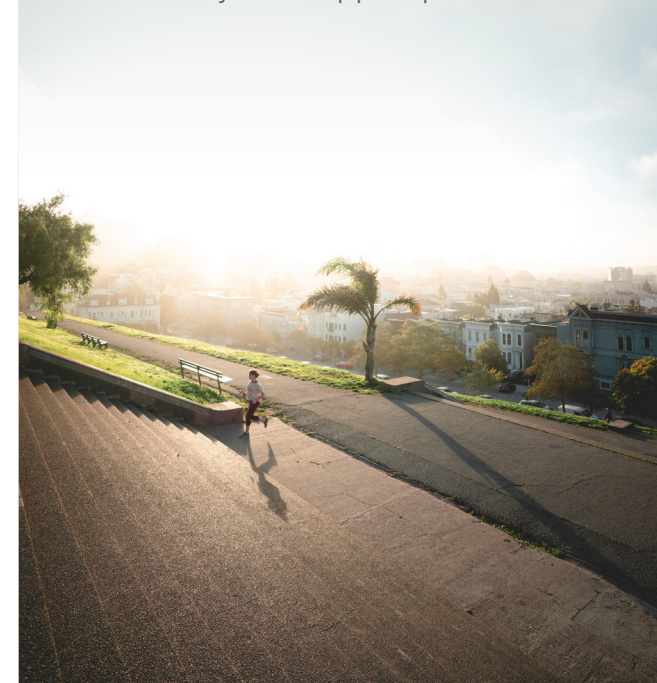


The Geelong Clinic

Trauma Recovery - Post Traumatic Stress Disorder Program

Veterans, ADF Members & Emergency Services

Information for patients, carers,
family and support persons



The Geelong Clinic, Trauma Recovery-Post Traumatic Stress Disorder (TRP-PTSD) service has been operational since 2001. The program is accredited against the National Safety and Quality health Service Standards, a mandatory set of standards established by the Australian Government for all public and private hospitals. The Geelong Clinic is also accredited against The Mental health Services Standards and the Trauma Recovery Programmes Standards. It is also endorsed by Phoenix Australia - Australian Centre for Post Traumatic Mental Health.

Aim of the program

To provide evidence based treatment to individuals who have been diagnosed with symptoms of Post-Traumatic Stress Disorder (PTSD).

What is PTSD?

PTSD describes severe and persistent stress reactions after exposure to a traumatic event. The symptoms of PTSD occur post exposure to threatened or actual death, or serious injury to self or others, including repeated or extreme exposure to the adverse details of traumatic events.

In addition, PTSD involves four clusters of symptoms:

1. Re-experiencing symptoms including intrusive memories, flashbacks, nightmares, and distress to reminders of the trauma
2. Avoidance symptoms including active avoidance of thoughts and situational reminders of the trauma

3. Negative cognitions and mood associated with the traumatic event, such as an inability to remember important details about the event or persistent unusual ideas about the cause or consequence of the traumatic experience
4. Arousal symptoms including exaggerated startle response, insomnia, irritability, and sleeping and concentration difficulties.

The latest version of the Diagnostic and Statistical Manual of Mental Disorders, DSM-5, requires that at least one symptom in each of these clusters be present for more than one month and be associated with significant distress or impairment in social, occupational, or other important areas of functioning.

Group Therapy Treatment

Specialist groups provide an opportunity for peer support, education about trauma and its impact, normalisation of traumatic experiences and shared learning and support from other participant's experience of recovery. The participants will receive training and practice in effective ways of coping.

The structure of the evidence based, trauma focused treatment program is a 28 day program over 12 weeks. These groups are 'closed' during the duration of the program with an average of 8 participants. An individual psychologist is allocated to each participant throughout the program for additional support.

The complete treatment program consists of relevant skills based modules delivered in group therapy formats by mental health allied health professionals.

Modules include:

- Trauma Awareness & Recovery
- Depressions
- Anxiety Management
- Trauma Focused Cognitive Therapy Behaviour (TF-CBT) Therapy
- PTSD Education
- Narrative Presentation Preparation
- Anger & Assertiveness Management
- Exposure Therapy
- Relaxation and Mindfulness Techniques
- Family & Friends Support Group
- Interpersonal Effectiveness - A group with both participants and their partners/family members
- Sleep Education
- Vocational Rehabilitation
- Addictive Behaviours
- Healthy Lifestyles.

Eligibility

Veterans, Australian Defence Force personnel and Emergency Service Workers who meet the diagnostic criteria for PTSD are eligible to participate in the PTSD treatment program and funding is provided by the Department of Veterans Affairs, ADF or Workcover.

Discharge

On completion of the treatment program individuals are referred back to the original referral source. Veterans may also be linked to the VVCS for further follow-up and support.