



The Geelong Clinic

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A Healthscope hospital.

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The Geelong Clinic

## Trauma Recovery Program

**Civilians**

Information for patients, carers,  
family and support persons



## Aim of the program

To provide best practice treatment to individuals who have been diagnosed with or have 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.

## Group Therapy Treatment

Well-conducted groups provide an opportunity for peer support, education about trauma and its impact, normalisation of traumatic experiences and shared learning and motivation from other participant's experience of recovery as well as training in more effective ways of coping.

The structure of the evidence based, trauma focused treatment program is a 12 week program. These groups are 'closed' during the duration of the program.

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
- Anger & Assertiveness Management
- Relaxation and Mindfulness Techniques
- Sleep Education
- Addictive Behaviours
- Healthy Lifestyles.

## Discharge

On completion of the treatment program individuals are referred back to the original referral source, and any external supports as deemed appropriate.

## Program staff

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

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

## Making a referral

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**.

## Fees

The program is funded by private health, TAC or WorkSafe.

## Advice and feedback

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.