

## 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.

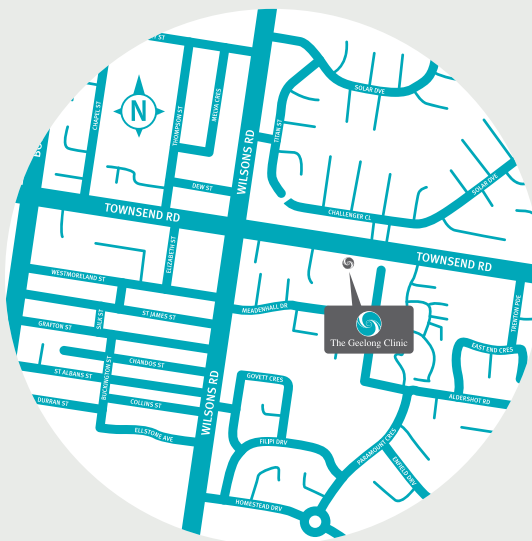
For further details, please contact The Geelong Clinic on **03 5240 0700**.

## Fees

The program is funded by DVA.

## 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.



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A Healthscope hospital.

ABN 85 006 405 152



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The Geelong Clinic

## Post Traumatic Stress Disorder

**Veterans, ADDF Members  
and Emergency Services**

Information for patients, carers,  
family and support persons



## What is PTSD?

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder, which can result from experiencing a traumatic event or life threatening situation.

### Symptoms may include:

- Re-experiencing trauma through intrusive thoughts, images or nightmares
- Avoidance of situations which are reminders of past traumas
- Feelings of detachment from situations or people and emotional numbing
- Persistent feelings of physical tension.

### PTSD is often complicated by:

- Depression
- Alcohol or substance abuse
- Relationship difficulties
- Irritability and anger outbursts
- Poor sleep
- Suicidal thoughts.

## The assessment process

All prospective participants will be engaged in a process to determine the PTSD diagnosis and a match with the PTSD Program. The assessment and discharge process is reviewed by Phoenix Australia - Centre for Posttraumatic Mental Health.

## Program structure and content

Consists of 12 weeks of education and therapy, involving both group and individual treatment and at times including partner participation.

### Education modules:

- PTSD education group
- Anxiety management group
- Coping with depression
- Anger management group
- Awareness and trauma recovery
- Relapse prevention for alcohol use
- Veterans' and partners' communication group
- Partners' support group
- Mindfulness
- Healthy lifestyle group.

## Eligibility

War Veterans and Australian Defence Force personnel and Emergency Services 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.

First Responders funding is approved by Gallagher Bassett or the relevant states First Responders insurer.

## 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, including an invitation to attend an ongoing 'Moving Forward' program.

## Program staff

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

- Psychiatrist
- Psychologists
- Psychiatric nurses
- Occupational Therapists.