

# PTSD 000 Day Program

(First responders and correctional officers)



## Who is this Program for?

Emergency Service Workers (past or present) or correctional officers (past or present) experiencing symptoms of PTSD.

## Program content

Participation in this group –based Cognitive Behavioural Therapy program provides access to both professional and peer support, enabling enhanced insight regarding the impact of trauma (biological, psychological and social) and normalisation of the trauma response. The program assists in the development of adaptive coping strategies, supports clinical stabilisation and assists in re-engagement in valued functional activities.

## Therapy goals of the PTSD000 program include:

- Psycho-education re: symptoms, causes and neurobiology of PTSD.
- Developing Mindfulness and Grounding Skills.
- Developing Distress Tolerance Skills, e.g. Self-Soothing and Distraction.
- Nightmare/ flashback management.
- Reducing emotional vulnerability.
- Understanding emotions.
- Developing ways to manage emotional dysregulation effectively.
- Understanding fight, flight, freeze response and the Window of Tolerance.
- Enhancing Self-Compassion: addressing self-criticism and unrelenting high standards.
- Identifying and managing unhelpful thoughts (via Restructuring and Defusion).
- Exploring safety, trust, power/control, self-esteem & intimacy.
- Behavioural Activation and Activity Scheduling.
- Developing assertiveness skills.
- Exposure Tasks.
- Relapse prevention and wellness planning.

## Program length and times

The program runs for 10 weeks on Tuesdays and Wednesdays from 9:00am - 2:15pm. Patients attend twice weekly.

The program is a closed group with intake occurring four times per year.

Three additional Follow-Up sessions are offered at 2 monthly intervals post completion of the 10 week program.

## How to join

A GP referral is required to an accredited Psychiatrist of Pine Rivers Private Hospital.

Your referrals can be sent to [pinerivers.referrals@healthscope.com.au](mailto:pinerivers.referrals@healthscope.com.au)

Go to [www.pineriversprivatehospital.com.au](http://www.pineriversprivatehospital.com.au) to find out more or scan the QR code.



## Further information

Please contact the Admissions Hub or Allied Health Manager on **3881 7562**.

