



PTSD000 Day Program

Who is this Program for?

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

Program content

Group-Based Cognitive Behavioural Therapy provides an opportunity for professional and peer support, normalization of post-traumatic experiences, psychoeducation and development of adaptive coping skills for recovery.

Patients receive both emotional and practical support. The program assists in providing clinical stabilization and trauma processing which are significant contributing factors for a positive recovery.

Therapy goals of the PTSD000 program include:

- Psycho-education re: PTSD.
- Psycho-education about causes and neurobiology of PTSD.
- Developing Grounding, Self-Soothing and Distraction skills.
- Developing Mindfulness & further Distress Tolerance skills.
- Nightmare/ flashback management.
- Reducing emotional vulnerability through physical self-care.
- 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 (Restructuring and Defusion).
- Exploring safety, trust, power/ control, self-esteem & intimacy.
- Psycho-education about the role of emotions; understanding types of emotions, and tools to identifying emotions.
- Pleasant event scheduling and occupation for mastery and achievement.
- Developing assertiveness skills.
- Exposure Tasks.
- Relapse prevention and wellness planning.

Program length and times

The program runs for 10 weeks on Thursdays and Fridays from 9:00am – 2:15pm.

Patients attend twice weekly.

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

How to join

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

Further information

Please contact the Admissions Hub or Allied Health Manager on **3881 7222**.

Go to www.pineriversprivatehospital.com.au to find out more or scan the QR code.

