

# Safe Trauma Recovery

Providing education and support in healing and recovery within a supportive group setting.

## Who is the program for?

Designed to assist individuals who have experienced childhood trauma or other traumatic events that have threatened their life or safety.

## Program content

- Recovery process
- Understanding trauma
- Trauma and the brain
- Beliefs about trauma
- Resilience building
- Emotional awareness
- Self compassion

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**About the program**

Psychological trauma can occur as a result of a person experiencing a severely distressing event or events. This program is specifically designed to help individuals understand and manage trauma symptoms to promote post traumatic growth and improve overall well-being.

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**When is it held?**

This closed group program is held once a week over ten weeks. Afternoon tea is provided.

8.45am - 9.00am	Registration and sign in
9.00am - 12.15pm	Group program

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**How to join**

If you are interested in attending this program you will need to discuss this with your treating Psychiatrist or General Practitioner who will assess your suitability and if appropriate, provide a referral.

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**How much does it cost?**

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. All health funds have different rules. Please check with our Therapy Liaison Officer, who will advise if any out-of-pocket excess or gap costs are applicable to you.

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**Further Information**

For information on this program please contact our Daypatient Coordinator

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