

Psychological Injury

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

Who is the program for?

This program is developed for people who have a psychological injury from the workplace. It is specifically for employees who have experienced bullying or harassment, are stressed or anxious due to work or for people who have had a work related traumatic event.

Program content

- What are psychological injuries?
- Coping with change
- Overcoming avoidance
- Managing anxiety and depression
- Understanding and managing anger
- Stress management
- Relaxation and grounding
- Mindfulness and acceptance
- Improving communication
- Goal setting and relapse prevention

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About the program

This program is designed to provide a safe treatment setting for participants. Sessions implement skills and techniques to help manage the effects of living with a work related psychological injury more effectively, understand its impact on one's self and others, as well as encouraging a return to work.

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When is it held?

Every Tuesday and Thursday from 12:45pm to 4:00pm, over four weeks. Afternoon tea is provided.

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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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. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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