

# Trauma and Dissociation

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 skills based program is for patients managing significant and often complex past abuse and trauma issues.

## Program content

- Trauma focused CBT
- Psychoeducation
- Monitoring and managing hyperarousal
- Sleep and nightmares
- Mindfulness
- Avoidance behaviours and exposure therapy
- Dealing with flashbacks and dissociation
- Promoting post traumatic growth

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### About the program

This program emphasises personal responsibility and patients' active involvement in their own treatment. It aims to facilitate a sense of safety and security, and assist and support patients as they work on past abuse and trauma issues and build skills to enhance social and occupational functioning and encourage a sense of empowerment to work constructively towards therapeutic goals.

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### When is it held?

Every Tuesday and Friday from 9:15am to 3:00pm. Morning tea, lunch and 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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