

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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