

Trauma Recovery Program for Veterans with PTSD

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 specifically designed for the treatment of PTSD for serving and/or retired service personnel and first responders who have been exposed to trauma in the performance of their duties.

Program content

- Trauma focused CBT
- PTSD psychoeducation
- Monitoring and managing hyperarousal
- Sleep and nightmares
- Anger management
- Tension reduction
- Mindfulness
- Relationships and communication
- Alcohol and drug use
- Goal setting
- Breathing training
- Avoidance behaviours and exposure therapy
- Dealing with flashbacks and dissociation
- Promoting post traumatic growth
- Cognitive processing therapy
- Relapse prevention
- Exercise

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About the program

This program focuses on Trauma-Focused Cognitive Behaviour Therapy (TF-CBT), supplemented by Cognitive Processing Therapy (CPT) as well as mindfulness and exercise. It is delivered primarily in a group context, with individual therapy sessions included.

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When is it held?

Every Tuesday and Friday from 9:00am to 4:15pm, over five weeks. 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.

Belmont
Private Hospital