

Trauma Recovery Program

Available to: Veterans (Department of Veterans Affairs), Australian Defence Force (Army, Navy, Airforce), First Responders (WA Police, St John, Department of Fire and Emergency Services)

When an individual experiences a traumatic event that has threatened their life or safety, or the safety of those around them, they can be left with intense feelings of fear and helplessness. This can trigger responses such as avoidance, intrusive thoughts and high reactivity. This is called post-traumatic stress disorder or PTSD. An individual may develop PTSD after a traumatic event such as a car crash, physical or sexual assault, war or torture, or natural disasters such as bushfires or floods.

About the Program

The Trauma Recovery Program delivers the latest evidence-based treatment interventions for trauma and PTSD. In recent years, research on trauma has shifted from a purely cognitive approach to a more psychosomatic approach, that includes work on the body and the bodies “storage” of the traumatic experience.

The program includes:

- Education on how trauma impacts the head, heart and the gut brain.
- Learning ways to cope with painful thoughts and feelings associated with traumatic events.
- Building awareness about the meaning making experience associated to the traumatic event and the resulting “stuck points”.
- Experiential work around body awareness, how trauma affects the body and movement based work.
- Education about anxiety, alcohol and other drugs, communication, diet, exercise and attachment.
- Learning about medications.
- Supportive behaviours for mental health and emotional well-being.
- Interpersonal relationships and communication.
- Trauma Processing using Cognitive Processing Therapy (CPT).
- Self-compassion and resiliency.
- Partner information sessions.

Format

Individuals admitted to this program are required to attend full-day programs over 32 sessions. Once per week all participants will receive a 50 minute one-on-one private counselling session with a member of the treatment team.

Clinic Staff

The program is conducted by a team of qualified health professionals:

- Consultant Psychiatrist
- Mental Health Nurses
- Allied Health - Mental Health Clinicians

Who is the Program for?

For Veterans, current serving Australian Defence Personnel and First Responders and their families who have experienced traumatic events connected with military service.

Eligibility for Veterans

Patients will need to be approved by the Department of Veterans’ Affairs (DVA) to attend this program (white card or gold card). Current members will need to be approved and referred by the Medical Officer.

Referral Avenues

The referral process into the Trauma Recovery Program can come from the following individuals or organisations:

- General Practitioners
- Psychiatrists
- Psychologists
- Occupational Therapists (Mental Health)
- Australian Defence Force
- Australian Veteran’s Services
- WA Police Force (WAPOL)
- St John WA
- Department of Fire and Emergency Services (DFES)