

Safe Trauma Recovery

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 may be useful for people diagnosed with PTSD or who have experienced trauma in their life, and would like to gain a deeper understanding of this issue and find skills and strategies to cope better in life.

Program content

- Psychoeducation on PTSD and trauma and the brain
- Understanding the language of the body and trauma
- Mindfulness and neuroplasticity
- Developing a window of tolerance
- Strength and resource building
- Grounding and breathing techniques
- Somatic boundaries
- Processing implicit memories
- Dual awareness of past and present
- Restoring empowering actions
- Making sense of emotions and defences
- Legacy of attachment
- Boundaries and relationships with others
- Connecting with others
- Pleasure, play and positive emotions
- Creative resources

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About the program

This program is for people who are having difficulties coping with the impact of traumatic experiences. Participants will gain an understanding of the impact of trauma on their daily functioning and learn skills to manage their thinking and regulate their emotional responses. The aim is to develop a deeper understanding of this complex condition, promote healing and resilience, improve relationships and have a greater sense of control over one's life.

A number of theoretical models are included in this program including Mindfulness Based Cognitive Therapy, Emotional Regulation, Body Awareness Training and Attachment Theory.

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When is it held?

This closed group is held every Tuesday for 12 weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

8:30am - 9:00am	Registration and sign in
9:00am - 2:30pm	Group program
2:30pm - 3:30pm	Facilitated relaxation session

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

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How much does it cost?

Participants 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 Currumbin Clinic.

Currumbin
Clinic