

# Veterans and Emergency Services

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 designed for all currently serving military and veteran personnel, and current or ex-serving emergency services personnel. It addresses problems that arise from serving in high stress occupations, such as stress and arousal management, anger management, and improved communication and relationship skills. It also provides a safe, confidential and supportive environment to complement individual treatment pathways.

## Program content

Mastering anger:

- Understanding and recognising anger
- Costs and benefits of anger
- Managing stress
- Healthy emotion expression
- Anger control plan
- Healthy relationships
- Personality and strengths

Effective communication:

- Communication and active listening?
- Understanding emotions
- Positive and resilient relationships
- Communication styles
- Building relationships
- Signs of problematic communication

## Program outline

This program very specifically targets the problems associated with Post Traumatic Stress Disorder in this special group of people. It is recommended that individuals participating in the program are also undergoing individual therapy for specific trauma processing. The skills and education contained are CBT and Interpersonal Therapy based and include training in relaxation techniques and mindfulness.

## When is it held?

Every Thursday 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

How to join

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

## 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.

**DVA**  
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