

# Psychological Injury Masterclass

Providing advanced strategies to get your life back after trauma.



## Who is the program for?

Individuals who have completed the Psychological Injury Day Program and require further support and skills to continue with their recovery from trauma.

## Program content

- Reviewing Stuck Points
- Re-establishing safety
- Developing trust
- Improving self-esteem
- Taking back control
- Improving intimacy
- Reconnecting in relationships
- Exploring identity
- Holistic wellness
- Supporters session

.....

### About the program

This group program is designed as a follow on from Psychological Injury. Sessions implement advanced skills and techniques to help manage the effects of living with a psychological injury more effectively, with a focus on enhancing life after trauma, reconnecting in relationships and exploring identity.

.....

### When is it held?

One day a week over 24 weeks as detailed below.  
Morning tea and lunch is provided.  
8:30am – 9:00am      Registration and sign in  
9:00am – 12:00pm    Group program  
Check our website for the current timetable.

.....

### How to join

Individuals interested in attending this program will need a referral to a Psychiatrist with admission rights to South Coast Private Hospital.

.....

### How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or Workers Compensation. We ask that participants confirm any applicable out of pocket or gap costs directly with South Coast Private Hospital.

.....

### Further information

For information on this program please contact the South Coast Private Hospital Day Programs Team  
T: 02 4286 6847  
E: [sco.dayprograms@healthecare.com.au](mailto:sco.dayprograms@healthecare.com.au)

.....

South Coast  
Private Hospital