

# Complex Trauma Program

**Providing resources, education and clinical support to assist people to start to overcome the impacts of childhood trauma.**

## Who is the program for?

Individuals who have a diagnosis of Complex Trauma/PTSD or Borderline Personality Disorder who experienced traumatic events or parental neglect in childhood.

## Program Content

- Understanding Schemas and Modes
- Tolerating vulnerability
- Discharging anger
- Overcoming avoidance
- Implementing boundaries
- Strengthening identity
- Improving attachment
- Addressing the inner critic
- Regulating emotions
- Improving self-esteem
- Developing self-trust
- Choosing healthy coping skills

## About the program

This full-day program utilises Schema Mode Therapy to help patients who struggle to function in adult life and experience difficulties with emotions, identity, boundaries, relationships, self-esteem and coping with stress. This program enables participants to build on skills learnt in the Schema Masterclass facilitating the development of more adaptive and healthier coping strategies.

## 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 - 2:45pm Group Program

Check our website for the current timetable.

## Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

## How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover. Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

## Further Information

For information on this program please contact the South Coast Private Day Programs Team  
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