

Parenting after Trauma Program

Providing resources, education and clinical support to enhance your ability to parent effectively whilst recovering from your own trauma.

Who is the program for?

This program is for individuals who would like to learn more about parenting while also managing the effects of PTSD.

Program Content

- How trauma impacts development
- Making time for play
- Compassionate Parenting
- Setting effective boundaries
- Managing child-related triggers
- Anger and Hypervigilance
- Overcoming shame and guilt
- Development into the Future

About the program

This half-day group program aims to provide support to patients who have been impacted by trauma and wish to learn more about managing the effects of PTSD on parenting. This group is a follow up program to Parenting with Mental Illness and incorporates strategies from CBT-E, DBT and ACT.

When is it held?

One day a week over 8 weeks as detailed below. Morning tea and lunch is provided.

8:30am - 9:00am Registration
9:00am - 12:15pm Group Program

Check our website for the current timetable.

How to join?

Individuals interested in attending this program will need a referral from 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. 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

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