

# Trauma Processing Program

**Providing resources, education and clinical support to learn skills to manage symptoms of trauma.**

## Who is the program for?

Individuals who have experienced trauma in adulthood and who may have been diagnosed with Post Traumatic Stress Disorder, Adjustment Disorder or mood and anxiety disorders. This is for patients who are ready to process the effects of trauma by utilising Cognitive Processing Therapy.

## Program Content

- Understanding trauma integration
- Coping with triggers
- Understanding impact of trauma on beliefs around safety, trust, power and control, esteem and intimacy
- Challenging unhelpful stuck points
- Overcoming avoidance
- Supporters session
- Re-evaluating the trauma

## About the program

This group program is designed to provide a safe treatment setting for participants to process the impact of their trauma. Sessions utilise Cognitive Processing Therapy to evaluate the effect of the trauma on belief systems and create change by challenging negative thoughts and unhelpful behaviours.

## When is it held?

One day a week over 12 weeks. Closed group with set intake dates. Morning tea and lunch is provided.

8:30am - 9:00am Registration  
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

T: 02 4286 6847

E: [sco.dayprograms@aurorahealth.com.au](mailto:sco.dayprograms@aurorahealth.com.au)