

# Trauma Skills 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 and who may have been diagnosed with Post Traumatic Stress Disorder, Complex PTSD, Adjustment Disorder or mood and anxiety disorders. This is for patients who want to learn and expand their knowledge and skills towards recovery in a supportive atmosphere.

## Program Content

- Understanding trauma disorders
- Stabilising self-care
- Decreasing arousal
- Identifying trauma beliefs
- Addressing anhedonia
- Managing dissociation
- Reducing avoidance
- Trigger management plans

## About the program

This group program is designed to provide a safe treatment setting for participants. Sessions focus on implementing skills and techniques to help manage the symptoms of trauma and understand its impact on one's self in preparation for further trauma work.

## When is it held?

One day a week over 8 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

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