

meditation treatment
development assault stress
post traumatic stress disorder
neuroendocrinology
numbing disturbance flashbacks
veterans biochemical health problems
disorder behavioral drug addiction
symptoms cognitive
falling thinking feeling
irritable fear memories critical avoidance
fading detection mental health problems
emotional headaches alternative help
cortex PTSD survivors
thoughts diagnose risk
teasing severe individual traumatic
trauma military combat indicators psychological trauma alcohol abuse
hypervigilance anxiety
guilt illness avoid
horror nightmares hippocampus
sudden onset increased accidents death
trigger anxious increased psychological
acute arousal
substance intervention
drink loose

A circular logo with a blue background and white text. The text reads "DVA & WORKCOVER APPROVED". There are small white dots along the bottom edge of the circle.

This program is developed for all current serving military, veterans, current or ex-serving emergency services personnel who would like to gain a better understanding of living with PTSD.

Mastering Anger:

- Understanding and recognising anger
- Costs and benefits of anger
- Managing stress
- Healthy emotion expression
- Anger control plan
- Healthy relationships
- Personality and strengths

Effective Communication:

- Communication and active listening
- Understanding emotions
- Positive and resilient relationships
- Communication styles
- Building relationships
- Signs of problematic communication

Brisbane Waters
Private Hospital

This program very specifically targets the problems associated with Post Traumatic Stress Disorder. The program addresses problems that arise from serving in high stress occupations, such as stress and arousal management, anger management, and improved communication and relationship skills. It is recommended that individuals participating are also undergoing individual therapy for specific trauma processing. The skills and education contained are Cognitive Behaviour Therapy (CBT) and Interpersonal Therapy based, and includes training in relaxation techniques and mindfulness.

Once a week for 10 weeks. Light refreshments are provided. Transport options may be available. Phone 4341 9522 for program start dates.

If you are interested in attending the Veterans and Emergency Services Day Program, you will need to discuss this with your treating doctor who will assess your suitability and, if appropriate, provide you with a referral.

Participants are admitted as a day patient and as such, can claim their attendance via DVA, WorkCover or their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with the Brisbane Waters Private Hospital Therapy Program Coordinator. A quote can be provided if you do not have private health insurance.