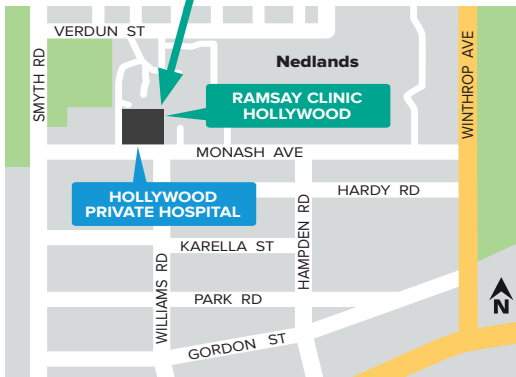


# Trauma Recovery and Growth *Program*

for veterans or serving Defence personnel



**Ramsay  
Mental Health**

**Ramsay Clinic Hollywood**

Entrance 5, Monash Avenue  
Nedlands WA 6009

Ph: 08 9346 6803 – Fax: 08 9346 6829

[ramsaymentalhealth.com.au](http://ramsaymentalhealth.com.au)

*People caring for people*

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**Ramsay Clinic  
Hollywood**

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**Ramsay  
Mental Health**

## Trauma and PTSD

When a person experiences a traumatic event that has threatened their life or safety, or the safety of those around them, they can be left with intense feelings or fear and helplessness. This can trigger responses such as avoidance, intrusive thoughts and high reactivity. This is called post-traumatic stress disorder or PTSD. A person may develop PTSD after a traumatic event such as a car crash, physical or sexual assault, war or torture, or natural disasters such as bushfires or floods.

Effective treatment for PTSD involves a mix of inpatient psychiatric care and outpatient psychological services.

## Trauma and PTSD treatment at Ramsay Clinic Hollywood

The Trauma Recovery and Growth Program

### Frequency/duration

Monday, Tuesday, Wednesday, Thursday for 8 weeks. The program is delivered for 4 consecutive weeks, then one week break and then the final 4 weeks. It starts at 9am and concludes at 2:30pm. Once per week all participants receive a one-on-one 50 minute private counselling session with a member of the treatment team.

### Who is it for?

For veterans and currently serving Australian Defence Personnel who have experienced traumatic events connected with military service.

### About the program

The Trauma Recovery and Growth Program delivers the latest evidence based treatment interventions for trauma and PTSD. In recent years, research on trauma has shifted from a purely cognitive approach, to more of a psychosomatic approach that includes work on the body and the “storage” of the traumatic experience in the body.

The program includes:

- Education about trauma, its effect on the brain and memory;
- Learning ways to manage with painful thoughts and feelings associated with traumatic events;
- Awareness building about the meaning making experience associated to the traumatic event and the resulting “stuck points”;
- Experiential work around body awareness, how trauma affects the body, movement based work;
- Education about anxiety, alcohol and other drugs, communication, diet, exercise and attachment;
- Learning about medications
- Partner information sessions
- And more

### Eligibility

For veterans: You will need to be approved by the Department of Veterans’ Affairs (DVA) to attend this program (white card or gold card).

For current members: You will need to be approved and referred by the Medical Officer.

### Enquiries

If you would like to know more about how we can help you, please call 9346 6803 during business hours or email [thcbookings.hph@ramsayhealth.com.au](mailto:thcbookings.hph@ramsayhealth.com.au).

### Privacy and Confidentiality

All patient information is confidential. The health record remains the property of Hollywood Private Hospital. Hollywood Private Hospital must comply with the Ramsay Health Care Privacy Policy and the Privacy Act 1988 in its dealings of an individual’s personal information. The privacy policy is available to patients and visitors. Please speak to one of our staff should you wish to obtain a copy. For further information, please contact the Privacy Officer on (08) 9346 6224.