



### Ramsay Clinic Hollywood is located here

A multi-storey car park is conveniently located opposite Ramsay Clinic Hollywood, off Entrance 5 on Monash Avenue. Please visit [hollywoodprivate.com.au/hollywood](http://hollywoodprivate.com.au/hollywood) for detailed parking information and current pricing.



**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*

# Trauma Awareness *and growth*



MR0034136 RCHol Trauma 4pp DL 0622

**Ramsay Clinic  
Hollywood**

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



**Ramsay  
Mental Health**

This program is specifically designed to help individuals understand and manage trauma symptoms, to promote post traumatic growth and improve overall well-being.

#### Frequency / duration

1 day a week for 6 weeks

#### Who is it for?

For people who have experienced Psychological trauma as a result of experiencing a severe distressing event or events

#### This program includes;

- Developing an understanding of trauma
- Understanding how trauma impacts the brain and the body
- Managing your trauma responses
- Supportive behaviours for mental health and emotional well being
- Interpersonal relationships and communication
- Self-compassion and resiliency

#### Additional information

You will require private health insurance or Department of Veterans' Affairs (DVA) entitlements or agree to self-fund this course.

#### 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.

