

Strive and Thrive (Trauma)

A graduate post-intensive trauma program

Who is the program for?

Individuals who have experienced trauma, addiction and the related psychological difficulties..

Program content

- Understanding trauma and its impact
- Psycho-education around PTSD, anxiety, depression and addictions
- Emotions and how to manage them (emotional regulation)
- Understanding addiction and its relationship to trauma
- Replacing unhealthy coping mechanisms with healthy ones
- Managing setbacks
- Developing a support network
- Enhancing relationships with your children

About the program

The focus of the program is to enhance participants' understanding of the impact of their trauma on their lives in a safe and stable setting, while working towards health, wellbeing and recovery. Participants are helped to gain an understanding of how family-of-origin and patterns in the family relationships they experience - such as communication and conflict - continue to impact them as an adult and their relationships.

When is it held?

Every Friday from 9:30am until 12:45pm. Morning tea is provided.

How to join

If you are interested in attending this program you will need to discuss this with an Abbotsford Psychiatry or Cambridge Clinic admitting doctor who will assess your suitability and if appropriate, provide a referral.

How much does it cost?

You will be admitted as a day patient and as such, can claim it via your health fund. All funds have different rules. Please check with our Day Patient Coordinator, who will advise if any out-of-pocket excess or gap costs are applicable to you.

Abbotsford
Private Hospital

Day Patient Coordinator
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