



Swinburne Psychology Clinic and Access Health and Community

# Women's Trauma Recovery Program

The Trauma Recovery Program is a specialised trauma treatment program that is designed for women who experienced an overwhelming event or series of events in their lives, that could be classified as a trauma. It is a two-phase treatment that includes a Foundations for Healing Group, followed by individual trauma-processing sessions.

## What is the Trauma Recovery Program?

The Trauma Recovery Program is a specialised trauma treatment that is designed for women who have experienced interpersonal trauma, such as sexual, physical or emotional abuse or domestic violence. The program has two parts: 1) A group program that offers an opportunity to connect with others while learning skills that help with coping with trauma-related symptoms; 2) Individualised trauma-processing therapy, where approaches such as EMDR and Internal Family Systems therapy are offered with a specialised therapist to address each person's unique situation.

## Stage One- Foundations for Healing

at Swinburne Psychology Clinic

The group therapy program, Foundations for Healing, forms the first stage of the trauma treatment program. It consists of 10 two-hour sessions for a group of between 6 to 10 women. The group is focused on learning about the impact of trauma, and developing effective ways to cope, in a respectful and supportive environment. The aim is to introduce members to a range of skills and techniques that foster greater well-being, and can be used when engaging in further trauma-processing therapy (stage two of the program). The program is led by a registered Clinical Psychologist and a Mental Health Social Worker, both with specialist training in the treatment of trauma-related issues.

## Stage Two- Rebuilding Self

at Access Health and Community

Individual trauma-processing sessions are also available through Access Health and Community. This optional, second treatment package involves up to twelve sessions of individual counselling focused on processing traumatic experiences. Upon completion of the Foundations for Healing group program, participants have the opportunity to attend counselling sessions focused on either EMDR therapy or Internal Family Systems Therapy. Both approaches are evidence-based treatments that reduce the negative impact of trauma on an individual's thoughts, feelings and memories, as well as bringing a sense of healing and resolution. These counselling sessions will be made available at Access Health and Community in Hawthorn and can be arranged upon completion of the group program.

## Fees

**Stage One.** The group therapy program is low-cost. It is \$400 (\$40 per session) with Medicare rebates available for people with a referral from their medical practitioner (\$31.65 per session). This fee is payable prior to the commencement of the group and is non-refundable. If you are unable to pay the program fee in one lump sum, please contact the Project Officer to discuss alternative arrangements.

**Stage Two.** Up to twelve, 90 minute individual counselling sessions will be available at Access Health and Community, 378 Burwood Road, Hawthorn, VIC 3122. Healthcare card holders, students and those on a low income may be eligible for government funded sessions with no out-of-pocket cost. For participants on an income, appointment prices are means tested and a mental health care plan may be required. For sessions covered under a mental health care plan the maximum out-of-pocket cost is \$50. Please contact for further details regarding individual circumstances.

## Eligibility and Application Procedure

If you are interested in attending an appointment to discuss the program further and work out if it is right for you, please call the Swinburne Psychology Clinic on 9214 5528 or email [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

### Contact us

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