



At TPH we are committed to delivering excellence in psychiatric care and quality services that promote mental health and wellbeing. Our professional team will support you through every step of your treatment program and offer genuine compassion and care.

We are a family-owned private hospital certified to the ISO 9001 Quality Management Systems Standard, the National Safety and Quality Health Service Standards and the National Accreditation Standards for Trauma Recovery (Posttraumatic Stress Disorder) Programs.

Our treatment and services are designed to demonstrate respect, understanding and focus on you as an individual. Each specialised program is delivered by experienced mental health practitioners including psychiatrists, senior psychiatry registrars, psychologists, registered and enrolled nurses, occupational therapists and social workers.

Every detail at TPH has been considered to ensure you feel safe, comfortable and experience a positive treatment environment.



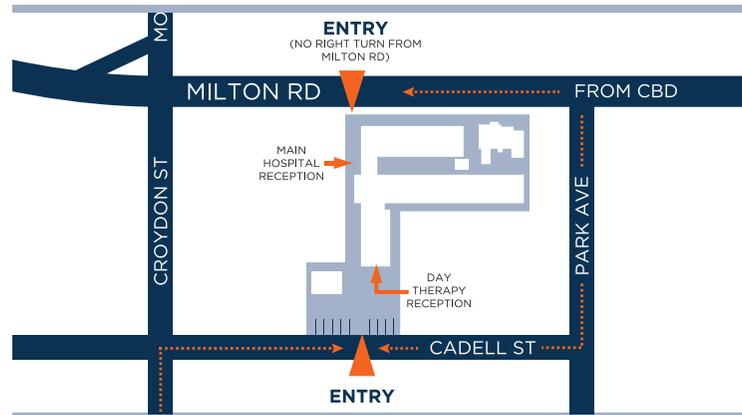
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At TPH we provide a range of programs tailored to meet the needs of participants including:

- Military Service Trauma Relapse Prevention Program
- Military Service Trauma Recovery Program
- Military Service Anger Management Program
- Military Service Alcohol Day Treatment Program
- Cognitive Behavioural Therapy (CBT) Anxiety Program
- CBT Mood Disorders Program
- Assertive Community Treatment Program

The information in this brochure is not intended as a substitute for professional medical advice, diagnosis or treatment.



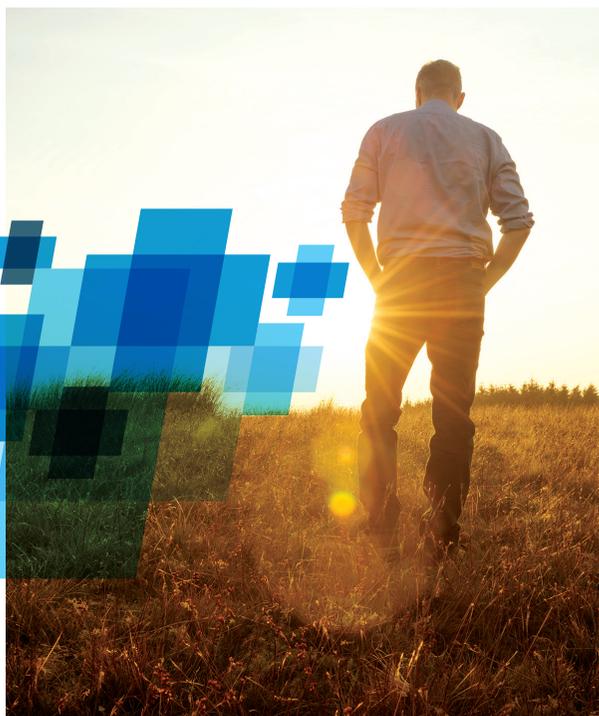
## MILITARY SERVICE Trauma Recovery Program



## DAY TREATMENT PROGRAM FOR MILITARY AND EX-MILITARY PERSONNEL EXPERIENCING POSTTRAUMATIC STRESS DISORDER

Toowong Private Hospital's (TPH) Military Service Trauma Recovery Program is designed specifically to help military and ex-military personnel recover from posttraumatic stress disorder (PTSD) and experience an improved quality of life.

PTSD impacts up to one in four people who have been exposed to a trauma and up to 20 per cent of returning military services personnel experience clinically significant symptoms during their lifetime. PTSD can have a profound negative influence on your health, family and quality of life. Trauma can result from a variety of situations and affects people regardless of age, rank, gender or role in the military.



### Signs that you may be experiencing PTSD include:

- Irritability and outbursts of anger
- Unwanted intrusive memories of the past and nightmares
- Losing touch with family and friends, avoiding crowded places
- Feeling numb, disconnected and unable to trust people
- Being constantly on edge and having difficulties relaxing
- Drinking excess quantities of alcohol.

### Evidence-based Treatment Program

The TPH Trauma Recovery Program is designed to help you recover from your exposure to trauma, improve your mood and reduce symptoms. Our program is fully accredited to the National Accreditation Standards for Trauma Recovery (PTSD) Programs to ensure we utilise the latest research to help with your recovery.

The program consists of a six-week intensive phase which runs four days a week, followed by a further six weeks with two day sessions in alternate weeks. Final follow-up sessions are held at three and nine months. Treatment includes group sessions with exclusively military and ex-military personnel and individual sessions which focus solely on you.

During the sessions we will work with you to:

- Develop skills that help manage anxiety, depression and anger
- Enhance communication skills and build healthy relationships
- Improve sleep and decrease nightmares
- Manage intrusive thoughts and images
- Challenge avoidance behaviours
- Build your knowledge of resources and support options
- Minimise the risk of relapse.



Rates of depression, anxiety disorders, posttraumatic stress disorder and alcohol use are high in military and ex-military personnel. At TPH we understand that problems can result from a variety of situations and have a profound effect on your health and quality of life.

All of TPH's day treatment programs are conducted by our multi-disciplinary team. Structured as a group program with military and ex-military peers, this treatment approach helps you to:

- Recover in a supportive environment
- Share similar experiences and feel less alone
- Face personal difficulties and challenges
- Develop improved motivation and social engagement.

Over the past decade we have treated more than a thousand military and ex-military personnel. Our evidence-based treatment programs demonstrate significant improvements in quality of life, posttraumatic stress disorder, depressive and anxiety symptoms, and a reduction in alcohol consumption sustained at 12 months.