



**PUTTING YOU FIRST**

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.



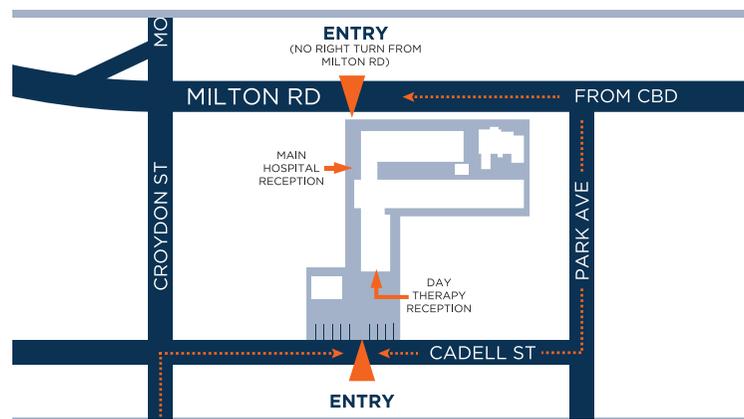
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At TPH we provide a range of programs tailored to meet the needs of participants including:

- 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 Relapse Prevention Program



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

Toowong Private Hospital's (TPH) Military Service Trauma Relapse Program is designed specifically to help military and ex-military personnel recover from a relapse of posttraumatic stress disorder (PTSD) and regain control of their lives.

As with many mental health disorders, sometimes people experience a relapse in symptoms even after completing a treatment program. In the case of PTSD, this can be due to exposure to new traumatic experiences, a major negative life event, a significant increase in stress, drug or alcohol misuse, or lack of consistency in applying the skills to manage symptoms.



Our program provides you with skills to help you overcome a relapse if one has occurred.

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

- Unwanted memories of the past and nightmares
- Irritability and outbursts of anger
- Losing touch with family and friends
- Avoiding people, places or situations that remind you of the trauma
- Feeling numb, disconnected and unable to trust people
- Being constantly on edge with difficulty relaxing or sleeping
- Drinking excess quantities of alcohol to help numb your thoughts.

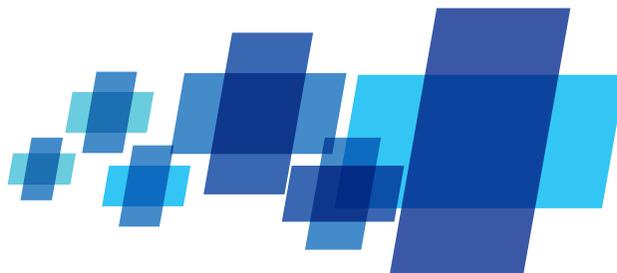
### Evidence-based Treatment Program

TPH's Military Service Trauma Relapse Prevention Program is for people who have completed the Military Service Trauma Recovery Program. It is specifically designed to reinforce what you learnt in the past and minimise your risks of relapse in the future.

Our program includes group sessions with exclusively military and ex-military personnel and runs for four consecutive days.

During the sessions we will work with you to:

- Refresh your skills in dealing with anxiety, anger and depression
- Learn new ways of minimising risk of relapse
- Communicate assertively and create or maintain healthy relationships
- Understand current resources and where to go for support.



## MILITARY SERVICES SPECIALISTS

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.