



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.

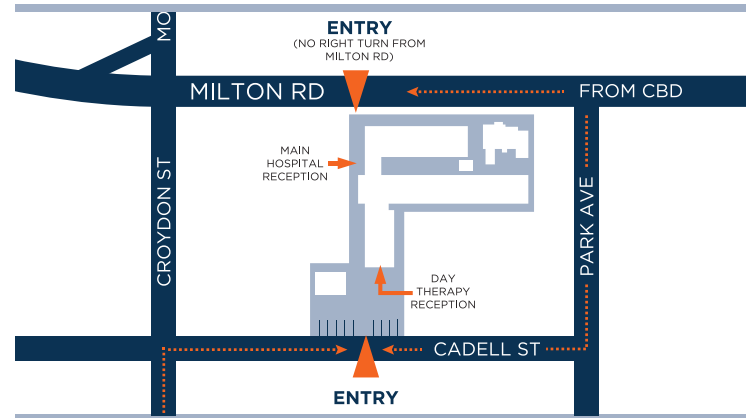


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At TPH we provide a range of programs tailored to meet the needs of patients including:

- Employment Related Trauma Recovery Program
- Cognitive Behavioural Therapy (CBT) Anxiety Program
- CBT Mood Disorders Program
- Tailored Therapy Program
- Repetitive Transcranial Magnetic Stimulation
- Electroconvulsive Therapy
- Assertive Community Treatment Program
- Mobile Recovery Support Service - Pilot Program

We also offer specialised treatment for military and ex-military personnel including:

- Trauma Recovery Program
- Trauma Relapse Prevention Program
- Anger Management Program
- Alcohol Day Treatment Program

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



EMPLOYMENT RELATED Trauma Recovery Program



NSQHS



TRPS



Quality ISO 9001



DAY TREATMENT PROGRAM FOR PEOPLE EXPERIENCING EMPLOYMENT RELATED POSTTRAUMATIC STRESS DISORDER

Toowong Private Hospital's (TPH) Employment Related Trauma Recovery Program is designed to help people recover from posttraumatic stress disorder (PTSD) and experience an improved quality of life.

PTSD impacts up to one in four people who have been directly exposed to or have witnessed traumatic events including employment-related incidents such as industrial accidents or assaults. The effects of PTSD can be profoundly negative and impact your health, family and quality of life.



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

The TPH Employment Related Trauma Recovery Program is designed to help you recover from your exposure to trauma, improve your mood and reduce symptoms.

The program consists of 12 sessions over five weeks, followed by three day-long follow-up sessions fortnightly and again at three months and nine months. It includes group sessions with other people experiencing PTSD and individual sessions which focus solely on your treatment.

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
- Plan for the future
- Build your knowledge of resources and support options
- Minimise the risk of relapse.



Supported Recovery

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 our day treatment programs are conducted by a multi-disciplinary team and feature group sessions with people who have similar experiences to you. Group therapy helps you to:

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