

# Psychological Injury Management

**Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.**

## Who is the program for?

This program has been designed to provide skills and strategies to people who have a psychological injury which is impacting their emotions and behaviours and interfering with the person's life both socially and professionally. If you have experienced bullying or harassment in the workplace or have had a traumatic event during your employment, this program might benefit you.

## Program content

- What are psychological injuries?
- Coping with change
- Overcoming avoidance
- Managing anxiety and depression
- Understanding and management anger
- Stress management
- Relaxation and grounding
- Mindfulness and acceptance
- Improving communication

## About the program

The Injury Management program is specifically designed for people who have experienced bullying or harassment in the workplace or have had a traumatic event during the course of their employment. The program seeks to provide information, skills and techniques to assist you to understand the impacts of a psychological injury and steps you can take through skills development to support you on the road to recovery.

## When is it held?

This group is held every week for twelve weeks as detailed below.

8.30-8.45am Registration and sign in.  
9:00am-12.15pm Group program

Morning tea is provided.

Contact Deakin Private Hospital's reception on 02 5114 8100 to find out which days this group is offered.

## How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Deakin Private Hospital.

## How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Deakin Private Hospital.