

All of our treatment programs are evidence-based, which means they are founded on the highest standards of clinical practice and research.

Referrals

A referral from your GP is necessary to access our post-traumatic stress injury treatment programs.

Payments and health insurance

Most private health insurers cover the costs involved with enrolling in our programs. Any excess and/or co-payment depends on your level of cover.

We can provide care through the Department of Veterans' Affairs and Work Cover. We also welcome self-funded patients.

Contact us

Please contact our Counselling & Therapy Centres for further details about each program including start dates.

Burwood
T. (02) 8746 4400
E. info.burwood@sjog.org.au

Richmond
T. (02) 4570 6128
E. info.richmond@sjog.org.au

You can also find us at www.sjog.org.au/mentalhealth

About St John of God Health Care

St John of God Burwood and Richmond Hospitals are divisions of St John of God Health Care, a leading Catholic not-for-profit health care group, serving communities with hospitals, home nursing and social outreach services throughout Australia, New Zealand, and the wider Asia-Pacific region.

We strive to serve the common good by providing holistic, ethical and person-centred care and support. We aim to go beyond quality care to provide an experience for people that honours their dignity, is compassionate and affirming, and leaves them with a reason to hope.



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Trauma Recovery Treatment for post-traumatic stress



Hospitality | Compassion | Respect | Justice | Excellence

Treatment for post-traumatic stress

Living with post-traumatic stress injuries can be isolating. With effective treatment, you can return to a life of greater purpose and fulfilment, and reconnect with people who are important to you.

St John of God Burwood and Richmond Hospitals provide a safe, structured and supportive environment for recovery from exposure to traumatic events.

Our team of psychologists, exercise physiologists, dietitians, social workers and pastoral care workers support your needs in developing a treatment plan.

We work with you and your family and collaborate with other agencies to ensure that your care is coordinated and aligned to your personal goals.

Our expertise

St John of God Health Care has been a leader in providing specialist care for people with post-traumatic stress injuries for more than 25 years. We are proud to partner with UNSW and The Black Dog Institute in their ground-breaking research into trauma and mental health.

Through our programs, we will work with you to:

- support your mental, emotional, physical and spiritual needs
- link you to other support services to encourage long term health
- include families and support networks as part of your overall treatment and recovery
- address other conditions such as depression and substance use disorders
- help you understand trauma, its symptoms and how to manage them
- learn ways to regulate your emotions, improve your anxiety and stress management skills, to help you better cope with difficult situations in your home and workplace.

Inpatient program

Our inpatient program helps address your symptoms which need urgent attention.

As an inpatient, you can take the time to rest and recover away from your daily activities while stabilising your symptoms and learning strategies to manage your symptoms when you return home.

This program, based at St John of God Richmond Hospital, is run in a dedicated, specialist unit staffed by experienced medical, nursing and allied health clinicians.

Our inpatient program runs for 21 days, which gives you access to other hospital services and inpatient programs. You may need to consider trauma focused therapy after discharge.

Outpatient – day programs

Our outpatient programs offer both group and individual trauma-focused therapy to promote recovery.

We have a selection of outpatient programs:

Intensive Trauma Recovery Program (St John of God Richmond Hospital): begins with an intensive four-week, five days a week phase and a follow-up program phased over nine months. Residential accommodation during the initial four weeks is available within the hospital's peaceful, natural setting.

Adult Trauma Program (St John of God Burwood Hospital): designed for those who have experienced trauma in the context of work, such as first responders (e.g. police officers, fire fighters, ambulance officers). The program runs two days per week for 12 weeks.

Civilian Trauma Program (St John of God Burwood Hospital): designed for those who have experienced trauma in adulthood that is not related to your work. The program runs one day per week for 12 weeks.

