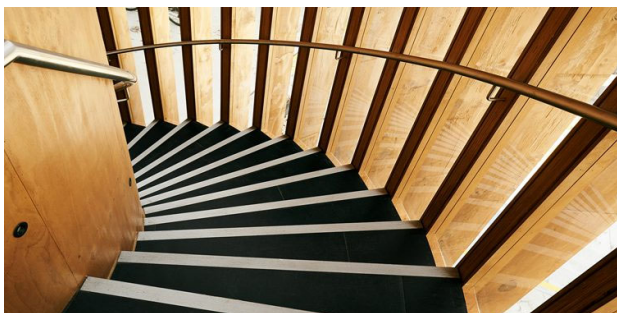


The Skills Training in Affective & Interpersonal Regulation program is a trauma-informed program that addresses the fundamental impacts of lifetime adversity.

Targets the **'spiral of loss'** of important resources:

- Social resources: sense of connection to others
- Emotional resources: ability to manage emotions
- Sense of self: value, competency and 'goodness'



What are the benefits for clients?

- Improved emotion awareness and regulation
- Improved distress tolerance
- Improved ability to access social support
- Improved assertiveness and closeness in relationships
- Improved self-compassion
- Commitment to change based on valued goals

Next Residential Programs:

For more information, please contact the
Counselling & Therapy Centre

Counselling & Therapy Centre, St John of God Richmond Hospital
177 Grose Vale Road, North Richmond NSW 2754
T (02) 4570 6128 F (02) 4571 1552
www.sjog.org.au/richmond

STAIR Day Program

Accredited for
DVA clients

Who is this for?

- STAIR is transdiagnostic and can benefit the following presentations:
- Complex PTSD, primary PTSD, subsyndromal PTSD and other stressor-related conditions
- Mood Disorders
- Anxiety Disorders
- Mild to moderate Substance Use Disorders
- Mild to moderate Personality Disorders
- And for anyone struggling with emotion dysregulation, social isolation or interpersonal difficulties.

STAIR runs in two formats:

Two days per week for 6 weeks

Six-day residential 'bootcamp'

AIMS:

- ◆ Improve functioning & wellbeing
- ◆ Reduce hospital readmissions
- ◆ Prepare clients for more intensive treatments (e.g. Schema Therapy, DBT, TRP)



ST JOHN OF GOD
Richmond Hospital