

# 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 on their emotions and behaviours and interfering with the persons life both socially and at work. 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 managing anger
- Stress management
- Relaxation and grounding
- - Mindfulness and acceptance
- - Improving communication

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**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.

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**When is it held?**

Weekly on Tuesday 9:00am to 2:30pm over 8 weeks  
Morning tea and lunch provided.

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**How to join**

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

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**How much does it cost?**

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

