

## Swinburne Psychology Clinic

# Women's Trauma Recovery Group

### What is the Trauma Recovery Group?

The Women's Trauma Recovery Group is a specialised trauma treatment that is designed for women who have experienced interpersonal trauma, such as sexual, physical or emotional abuse or domestic violence.

It is a group program that offers an opportunity to connect with others while learning skills that help with coping with trauma-related symptoms.

The group consists of 10 two-hour sessions for a group of between 6 to 10 women. The group is focused on learning about the impact of trauma, and developing effective ways to cope, in a respectful and supportive environment.

The aim is to introduce members to a range of skills and techniques that foster greater well-being, and can be used when engaging in further trauma-processing therapy.

The program is led by a registered Psychologist with specialist training in the treatment of trauma-related issues and two student co-facilitators.

### Fees

The group therapy program is low-cost. It is \$600 (\$60 per session) with Medicare rebates available to cover a portion of the fee for people with a referral from their medical practitioner.

This fee is payable prior to the commencement of the group and is non-refundable.

If you are unable to pay the program fee in one lump sum, please contact Dr Kathleen de Boer to discuss alternative arrangements.

### Eligibility and Application Process

If you are interested in attending an appointment to discuss the program further and work out if it is right for you, please call the Swinburne Psychology Clinic on 9214 5528 or email [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

### CONTACT US

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