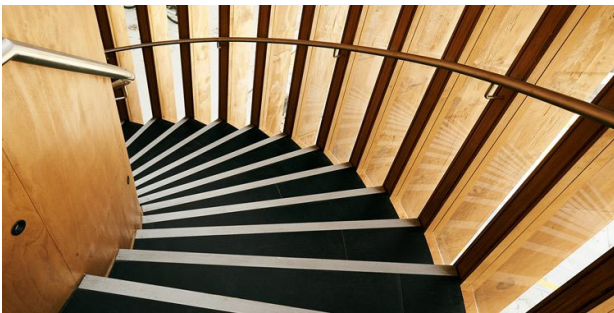


The *Skills Training in Affective & Interpersonal Regulation* program is a trauma-informed program that addresses the fundamental impacts of lifetime adversity.

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)



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Trauma related nightmares are one of the hallmark symptoms of post-traumatic stress disorder. The Nightmare Intervention program aims to treat nightmares in PTSD.

The Nightmare Intervention program is supplementary to the Cognitive Behaviour Therapy—Insomnia program and aims to reduce the frequency and distress associated with nightmares.

The program is guided by imagery rehearsal therapy where you are encouraged to select repetitive trauma-related nightmares.



**For more information
please contact the
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PH: 02 4570 6128**

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Sleep Program Nightmare Intervention

What are the objectives?

- Understand the nature of nightmares in PTSD and Imagery Rehearsal
- Understand the guidelines for selection of target nightmare
- Apply progressive muscle relaxation for arousal reduction
- Identify and change nightmares to reduce distress associated with nightmares

You may be recommended to also complete the Cognitive Behaviour Therapy-Insomnia program.

**Nightmare Intervention
runs as a
6 week
half-day program
(12:30pm—4:30pm)**



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