

Ramsay Clinic Macarthur

Male-Focused Trauma

Day Program



Ramsay Clinic Macarthur is proud to introduce a new, male-focused Trauma Day Program designed to support individuals with trauma-related mental health conditions, including but not limited to, childhood, adult and workplace PTSD and CPTSD. This evidence-based program will run once a week over an 8-week period.

The program aims to assist participants in:

- Gaining a deeper understanding of trauma and stress-related disorders
- Identifying personal stressors, triggers, and early warning signs
- Developing effective strategies to manage intrusive experiences
- Gradually breaking the cycle of avoidance
- Enhancing emotion regulation and distress tolerance skills
- Improving communication and understanding the impact of trauma on relationships
- Challenging and re-evaluating beliefs about safety, trust, self-esteem, and intimacy
- Building resilience and fostering hope

Please note that patients must have an individual therapist to participate in this program. If your patient does not currently have a therapist, we can assist in arranging this through our trusted Ramsay Psychology team.

Referrals

Can be emailed to easyaccess.rcm@ramsayhealth.com.au
or faxed to **(02) 4640 5599** or call Easy Access on **1300 652 627**

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People caring for people



Ramsay
Mental Health