



TRIUMPH OVER TRAUMA PROGRAM SCHEDULE - 1st WEEK

(The Session Numbers shown relate to the appropriate Session paragraph numbers in the Participants' Manuals)



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
6.00am - 6.30am		Rise, shower & free time	Rise, shower & free time	10 Exercise	Rise, shower & free time	10 Walk	Rise, shower & free time			
6.30am - 7.05am				Showers / Prepare		Showers / Prepare				
7.15am - 7.55am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			
8.00am - 8.55am		Introductory Group Activity	4 Trauma Sensitive Yoga	11 Mindfulness	11 Mindfulness	4 Trauma Sensitive Yoga	4 Trauma Sensitive Yoga			
9.00am - 9.55am		Introduction to Mindfulness	5 Introduction to / and Daily Group Reflections	5 Daily Group Reflections	5 Daily Group Reflections	5 Daily Group Reflections	6 Nutrition & Healthy Eating (2)			
10.00am - 10.25am		Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea			
10.30am - 11.25am		1 Introduction to Cognitive Behaviour Therapy	6 Nutrition and Healthy Eating (1)	12 Post Traumatic Stress and Anxiety	15 Developing and Maintaining a Personal Exercise Program	18 Role of Compassion	22 Empathy and Understanding			
11.30am - 12.25pm		2 How the Brain Works (1)	7 Improving Sleep					16 Engagement on Values and Strengths		
12.30pm - 1.25pm		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch			
1.30pm - 2.30pm		Shared Stories	3	8 Elements of Communication	13 Understanding Emotions	17 Individual 55 Minute Meetings - Goal Setting & Post Program Planning - Exercise Planning - Nutrition and Healthy Eating Plan - Values and Strengths	19 Additional Interventions	3 How the Brain Works (2)		
2.35pm - 3.35pm			9 Benefits of Exercise	20 Role of Relationships & Building Connections			23 Introduction to Canine Support			
3.40pm - 4.40pm		Schedule Briefing	10 Exercise Circuit	14 Managing Anger	Brief for Tomorrow	Brief for Tomorrow	First Week Review and Prep for Partners	Exercise or Individual Meetings and some Free Time		
4.45pm - 5.00pm		Arrive	Brief for Tomorrow	Free Time					Free Time	Partners Arrive
5.05pm - 6.00pm		Self Introductions Briefing	Free Time	Free Time					Free Time	Free Time
6.00pm - 7.00pm	Dinner	Dinner	Dinner	Out for Dinner	Dinner	BBQ Dinner	Dinner			
7.00pm - 8.30pm	Health Data Collection & Settle In	Free Time	Free Time	Free Time	Sleepy Yoga	21 Humour and Laughter	Free Time			



TRIUMPH OVER TRAUMA PROGRAM SCHEDULE - 2nd WEEK

(The Session Numbers shown relate to the appropriate Session paragraph numbers in the Participants' Manuals)



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6.00am - 6.30am	10 Walk	Rise, Shower & Free Time	10 Exercise	Rise, Shower & Free Time	10 Exercise	Rise, Shower & Free Time
6.30am - 7.05am	Showers / Prepare		Showers / Prepare		Showers / Prepare	
7.15am - 7.55am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8.00am - 8.55am	11 Mindfulness	11 Mindfulness	4 Trauma Sensitive Yoga	11 Mindfulness	11 Mindfulness	Farewells and Departures
9.00am - 9.55am	About 4 Aussie Heroes	5 Daily Group Reflections	5 Daily Group Reflections	5 Daily Group Reflections	5 Daily Group Reflections	
10.00am - 10.25am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
10.30am - 11.25am	22 Empathy & Understanding	25 Lived Experience Support	29 Medication Information	31 Shoe Box Reveals	34 Alcohol & Substance Use	
11.30am - 12.25pm		26 Post Traumatic Growth and Resilience (1)	30 Benefits of Creativity	32 Understanding Stress in Life		
12.30pm - 1.25pm	Lunch	Lunch	Lunch	Lunch	Lunch	
1.30pm - 2.30pm	24 Partner's Depart	26 Post Traumatic Growth and Resilience (2)	31 Shoe Box Creations	32 Understanding Self Care	35 Helpful Resource Material	
2.35pm - 3.35pm	Introduction to Equine Assisted Therapy	27 Understanding Depression	17 Individual 55 Minute Meetings - Goal Setting & Post Program Planning - Exercise Planning - Nutrition and Healthy Eating Plan - Values and Strengths	33 Coping in a Crisis	36 Program Critique	
3.40pm - 4.40pm		28 Understanding Loss & Grief			36 Complete Program Evaluation & Questionnaire	
4.45pm - 5.00pm		Brief for Tomorrow			31 Plus Shoe Box Creations	
5.05pm - 6.00pm	Brief for Tomorrow Free Time	Free Time	Brief for Tomorrow Free Time	Free Time	Free Time	
6.00pm - 7.00pm	Dinner	Out for Dinner	Dinner	BBQ Dinner	Farewell Dinner	
7.00pm - 8.30pm	"Camp Fire"	Free Time	Shoe Box Creations	Free Time	Free Time	