



4 Aussie Heroes Foundation

“TRIUMPH OVER TRAUMA” PROGRAM

A short term, live-in program for military & first responder personnel with PTSD



The 4 Aussie Heroes Foundation’s “Triumph over Trauma” Program is an 11-day, live-in rehabilitation program designed to support military and first responder personnel, serving and ex-serving, with Post-Traumatic Stress Disorder (PTSD), and/or related mental health issues.

It is an evidence-based, holistic program developed by a multidisciplinary team of mental health clinicians and researchers with expertise in trauma among these populations. The Lead Facilitator will always be an AHPRA registered Mental Health Practitioner.

The “Triumph over Trauma” Program will always be delivered in a rural environment. The 2019 and 2020 as well as the 2021 Programs, were all conducted in the Scenic Rim Region of South East Queensland to extremely high praise from Participants and good results with the measuring of outcomes which is done in conjunction with Griffith University. Three months after each “Triumph over Trauma” Program, a two day “Refresh” Program is conducted for the same Participant group.

The Foundation is currently developing its own Rural Retreat, to be known as “Camp Courage”, at Limestone Ridges in the Scenic Rim Region of South East Queensland.

The program is based on a **Cognitive-Behavioural Therapy (CBT)** framework and includes:

- Introduction to CBT strategies for the management of symptoms of anxiety, stress, depression, and anger
- Education related to neurobiology of PTSD
- Education related to problematic alcohol and substance use
- Communication skills training
- Introduction to couples’ relationship therapy (in conjunction with partners / support persons)
- Mindfulness Practice

Partners/Support Persons are invited to attend for two days, during which sessions are focused around education on improving empathy, understanding, communication, and attachment within the relationship.

The Program also includes adjunct health education and practice including:

- Improving Sleep
- Trauma Sensitive Yoga
- Nutrition and Healthy Eating
- Exercise Physiology
- Introduction to Equine assisted therapy
- Introduction to Canine support
- Mindfulness
- Lived Experience Support
- Humour and Laughter

There is no direct cost to the Participants of this Program, and all living expenses are fully covered by the 4 Aussie Heroes Foundation (a registered charitable organisation), for the duration of the 11 days, and the 3 day “Refresh” follow-up. Referrers may be able to facilitate some billing to a Health Fund or Government Agency by the Foundation.

To read about the enormously positive Participant Feedback from the inaugural “Triumph over Trauma” Program, please [Click Here](#)

Evaluation of Outcome Measures reports for the previous Programs are available upon request by Health Professionals.

If you have a patient that you believe would benefit from such a Program, or if you would like further information regarding Program content, please email info@4aussieheroes.com.au.

To find out more about the Foundation, please visit <http://4aussieheroes.com.au>.

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