



## "TRIUMPH OVER TRAUMA" PROGRAM SCHEDULE - 1st WEEK

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

Time	Monday 14/06/21	Tuesday 15/06/21	Wednesday 16/06/21	Thursday 17/06/21	Friday 18/06/21	Saturday 19/06/21
6.00am - 6.30am		Rise & Free Time	10 Exercise	Rise & Free Time	10 Walk	Rise & Free Time
6.30am - 7.05am			Showers / Prepare		Showers / Prepare	
7.15am - 7.55am		Breakfast	Breakfast	Breakfast	Breakfast	
8.00am - 8.55am		4 Trauma Sensitive Yoga	11 Introduction to / and Mindfulness	4 Trauma Sensitive Yoga	11 Mindfulness	4 Trauma Sensitive Yoga
9.00am - 9.55am	Arrival, Introductions, Admin, & Questionnaires	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	Self Introductions, Welcome and Briefing	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	1 Shared Stories	7 Improving Sleep		16 Engagement on Values and Strengths		
12.30pm - 1.25pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1.30pm - 2.30pm	1 Shared Stories	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	2 Introduction to Cognitive Behaviour Therapy	9 Benefits of Exercise			20 Role of Relationships & Building Connections	About 4 Aussie Heroes Foundation
3.40pm - 4.40pm	3 How the Brain Works (1)	10 Exercise Circuit	14 Managing Anger		First Week Review and Prep for Partners	Exercise or Individual Meetings and some Free Time
4.45pm - 5.00pm	Brief for Tomorrow	Brief for Tomorrow	Brief for Tomorrow		Brief for Tomorrow	
5.05pm - 6.00pm	Free Time	Free Time	Free Time	Partners Arrive		
6.00pm - 7.30pm	Dinner	Dinner	Out for Dinner	Dinner	BBQ Dinner	CATERED Dinner
7.45pm - 8.30pm					21 Humour and Laughter	

Those Participants who may not have Partners or Support Persons in attendance on the Saturday and Sunday are to still attend sessions.



## "TRIUMPH OVER TRAUMA" PROGRAM SCHEDULE - 2nd WEEK

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

Time	Sunday 20/06/21	Monday 21/06/21	Tuesday 22/06/21	Wednesday 23/06/21	Thursday 24/06/21	Friday 25/06/21
6.00am - 6.30am	<b>10</b> Walk	Rise & Free Time	<b>11</b> Exercise	Rise & Free Time	<b>11</b> Exercise	Rise & 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	<b>11</b> Mindfulness	<b>11</b> Mindfulness	<b>4</b> Trauma Sensitive Yoga	<b>11</b> Mindfulness	<b>11</b> Mindfulness	Farewells and Departures
9.00am - 9.55am	<b>23</b> Introduction to Canine Support	<b>5</b> Daily Group Reflections	<b>5</b> Daily Group Reflections	<b>5</b> Daily Group Reflections	<b>5</b> Daily Group Reflections	
10.00am - 10.25am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
10.30am - 11.25am	<b>22</b> Empathy & Understanding	<b>25</b> Lived Experience Support	<b>29</b> Medication Information	<b>31</b> Shoe Box Reveals	<b>34</b> Alcohol & Substance Use	
11.30am - 12.25pm		<b>26</b> Post Traumatic Growth and Resilience (1)	<b>30</b> Benefits of Creativity	<b>32</b> Understanding Stress in Life		
12.30pm - 1.25pm	Lunch	Lunch	Lunch	Lunch	Lunch	
1.30pm - 2.30pm	Partner's Depart	<b>26</b> Post Traumatic Growth and Resilience (2)	<b>31</b> Shoe Box Creations	<b>32</b> Understanding Self Care	<b>35</b> Helpful Resource Material	
2.35pm - 3.35pm	Introduction to Equine Assisted Therapy	<b>27</b> Understanding Depression	<b>17</b> Individual 55 Minute Meetings - Goal Setting & Post Program Planning - Exercise Planning - Nutrition and Healthy Eating Plan - Values and Strengths	<b>33</b> Coping in a Crisis	<b>36</b> Program Critique	
3.40pm - 4.40pm		<b>28</b> Understanding Loss & Grief			<b>36</b> Program Evaluation & Questionnaire	
4.45pm - 5.00pm		Brief for Tomorrow			<b>31</b> Plus Shoe Box Creations	
5.05pm - 6.00pm	Brief for Tomorrow	Free Time	Brief for Tomorrow	Free Time	Free Time	
	Free Time		Free Time			
6.00pm - 7.30pm	Dinner	Out for Dinner	Dinner	BBQ Dinner	Farewell Dinner	
7.45pm - 8.30pm	"Camp Fire"		Shoe Box Creations			