



“TRIUMPH OVER TRAUMA”

Inaugural Program Participant Feedback

Tamborine Mountain – 10th to 22nd March 2019

The 4 Aussie Heroes Foundation’s new Program has just completed.

By way of being innovative and unique in Australia, many outsiders were unsure of how the Foundation’s inaugural “Triumph over Trauma” 12 day, live-in, Program would be received.

Well the jury has given its verdict.

Participants with service in the military, ambulance, police (both State and Federal), and the fire and emergency services, gave it a massive tick of approval. The following feedback came from Participants, without influence.



Some individual feedback on the overall Program, with ratings included,

- “One of a kind/the information and holistic approach was fantastic. 10 out of 10”.
- “Excellent mix of theory and practical strategies and skills. 9 out of 10”.
- “Best experience I’ve ever had in treatments. 8 out of 10”.
- “Exceeded all my expectations. 10 out of 10.”
- “It provided the exact support and guidance at this time in my recovery.10 out of 10.”

The following are the collective results of a number of questions posed to all Participants at the conclusion of the Program.

- “How would you rate your overall experience of this Program?” 9.2 out of 10.
- “Would you recommend the Program to others?” 10 out of 10.
- “How would you rate the facilitators of this Program?” 9.5 out of 10.
- “How did the members of the Participant group influence your overall experience?” 10 out of 10 positive.





In response to the question, “What is your opinion regarding whether there is a strong need for this “Triumph over Trauma” program for military and first responders?”, the replies included,

- “Absolutely.”
- “It’s a lifesaver, I’ve no doubt you have saved lives over this 12 days. Please keep it up and help others.”
- “There is a massive need for this program.”
- “Invaluable. This program should be utilised by organisations for all first responders.”
- “This course has given me the confidence to go back to work, but if I can’t I know I have options.”
- “I am on the path to Post-Traumatic Growth because of this.”



One Participant’s final words were “Lastly, thank you all. I was at my wits end and didn’t know what to do or where to go. This program has made a huge difference to my life. I know this program will be a success and would benefit a lot of people”.

Three Participants testimonials are attached.

The Participants of this Inaugural Program gather again in June this year for a short “Refresh Program.”



“Triumph over Trauma” Program – Testimonial A

Mick, 47 years of age

Senior Executive - Commonwealth Government

"I have been suffering, and struggling with PTSD for more than two years.

During that period I explored a range of programs to help me, but found none that suited my family and other commitments. Most were onerous in terms of time commitment or the wrong type of program for me at this stage of my treatment.

Fortunately I saw the 4 Aussie Heroes inaugural program advertised and made an enquiry. The assessment process and staff immediately put me at ease, and I found some comfort in the way the program was planned and structured, with relevant and practical content.

Whilst I arrived with some trepidation and anxiety, that quickly disappeared upon arrival and reception at Camp Courage. From the outset myself and other participants were put at ease by the nature and professionalism of the staff.

I found the program to be an excellent balance of psychological theory and opportunities to implement practical strategies to combat my PTSD. Added to this were other useful sessions including, but not limited to: yoga; mindfulness; canine and equine therapy; self care; nutrition; humour; physical fitness; and relaxation exercises.

I cannot compliment the staff and visiting presenters to the 4Aussie Heroes program enough. The level of professionalism, care and advice was outstanding and was unanimously appreciated by participants.

I left Camp Courage with a new sense of optimism moving forward and a belief that I do not have to continue to live with and bear my PTSD as before. I feel positive I now have a range of new tools, and had ones I was already aware of validated. I had not felt this way since falling sick in late 2016.

The program is certainly the best thing I have done on my journey to wellness. I am determined to fight on and will recommend this program to my friends and acquaintances. It's also my intention to give back to the Foundation behind the 4 Aussie Heroes in whatever capacity I can in the future."

March 2019

“Triumph over Trauma” Program – Testimonial B

“I am a Veteran and Paramedic with 30 years of combined service. I first learned of the 4 Aussie Heroes Foundation via social media whilst on an extended leave period. The holistic nature of the program made it highly attractive to me as I have been unable to find the right treatment approach to suit my needs. Application and screening for the program was stress free and required very little effort on my part. The facilitators were friendly and accommodating, even allowing for a last-minute change to my interview time.

I was initially quite worried about the program length. However, this became less of an issue during the program as I was able to try, and practice, some of the common treatments available for PTSD as well as learn significantly more about my condition than would have been previously available to me on single Psychology sessions or in small groups. The program does not just focus on the clinical aspect of PTSD but also the role of nutrition and exercise and its importance in maintaining my physical and psychological wellbeing. Continued practice of techniques and a moderate exercise program throughout the program, as well as deep lasting connections with other participants has been pivotal in my post traumatic growth and I believe, would not have occurred in a program of shorter duration.

Another key factor in selecting this program over others was the “partners weekend”. I have been unable to find other treatments or programs that involve partners to the extent of which 4 Aussie Heroes has. The addition of couples related therapy and a knowledgeable, understanding facilitator has been instrumental in helping my partner understand and assist me in my growth. It has also added another layer of connection to our relationship.

In offering this program structure, with the assistance of empathetic and well-trained facilitators, I was able to implement strategies that will assist me long into the future. Not just relating to PTSD and mental health but also in my day to day life. The greater understanding of why and how things occur in relation to PTSD, have deepened the effects of the management strategies that suit me, allowing me to function at a much higher level. Recognising that the program itself is not a cure, the Foundation takes a vested interest in my post traumatic growth, offering follow-up and assisting in the post program planning of treatment. Focusing on the maintenance of my wellbeing through self-cares such as meditation, yoga, diet and exercise as well as mental health intervention planning.

The 4 Aussie Heroes program has been a breakthrough in my treatment, it has changed my life and that of my family.”

March 2019

“Triumph over Trauma” Program – Testimonial C

"Camp courage facilitated a safe, open and loving environment with my peers where we all walked the recovery path in a truly holistic environment. It enabled each of us to work out what works for us essentially - in a safe supportive space. Now I can go back to my family with a clear plan and way forward to tackle this injury.

Having partners present was a godsend - they go through so much with this - but having been equipped with information, knowledge and a support network of other partners I know I have the foundation and support to recover.

This type of program saves lives, rebuilds families and allows us few that have sacrificed so much for so many to move on and live again."

March 2019



“TRIUMPH OVER TRAUMA”

Program Participant Feedback

Boonah – 26th August to 6 September 2019

With the Program being innovative and unique to Australia, many participants and observers were unsure of how the Foundation’s 2nd 11 day, live-in, “Triumph over Trauma” Program would be received.

Well the jury has given its verdict once again.

Participants with service in the military, police, fire and emergency services and correctional services, gave “Triumph over Trauma” another big tick of approval. The following feedback came from Participants, without influence.



Some individual feedback on the overall Program, with ratings included.

- “This program has changed my life – improved my sleep, ability to cope, and provided me with life skills to use to help manage my life and opened up a better future for me
..... 10 out of 10”.
- “I have learnt so many tools to use that I have never known 9 out of 10”.
- “Loved it. The course has given me the information and strategies to overcome my mental health illness with time and persistence
..... 9 out of 10”.

The following are the collective results of a number of questions posed to all Participants at the conclusion of the Program.

- “How would you rate your overall experience of this Program?”
..... 9.2 out of 10.
- “Would you recommend the Program to others?” 10 out of 10.
- “How did the members of the Group influence your overall experience?”
..... 10 out of 10 positive.
- “How would you rate the facilitators of this Program” 10 out of 10.





In response to the question, “What is your opinion regarding whether there is a strong need for this “Triumph over Trauma” program for military and first responders?”, the replies included,

- “Essential. There is nowhere near enough support in existence currently.”
- “A very strong need. This has been a godsend for me.”
- “It is very very needed.”
- “Sorely needed for my brothers and sisters in blue suffering PTSD at any stage.”
- “Really strong need. It has been the best help I have had the opportunity to receive since being diagnosed with PTSD.”

One Participant’s final words were

“I want to be involved (with the Foundation) because what I got from it was priceless.”

Participant testimonials are attached.

The Participants of this Program gather again in November this year for a short “Refresh” Program.



“Triumph over Trauma” Program – Testimonial D

“4 Aussies Heroes 11-day program provided me with the jump-start and knowledge I needed to recognise my condition, accept it, and commence steps towards recovery in conjunction with my personal health professionals.

I felt like a fraud going into the program but through the guidance of their various professionals, and the shared experiences of other participants, I claimed ownership of my condition and overcame the fear I felt towards admitting it to others.

Since completing the program, I have found the strategies and tools taught to me by 4 Aussie Heroes have had a **significant positive impact on my life and the lives of those around me.**”

September 2019

“Triumph over Trauma” Program – Testimonial E

“This program has changed my life.

The course covered a lot of information, delivered in concise chunks that were easy to absorb. The structure was clear, logical and effective. There was obviously a lot of thought and expertise that went into designing it.

But it wasn’t just about the new knowledge. The main benefits came from learning about the holistic impact of trauma on an individual, participating in group work, receiving individual feedback from professionals and interacting with other participants.

This program gave me the confidence and tools to implement new techniques in my daily life immediately, in contrast some of my past failed attempts. I didn’t just learn “how” but – “what” and “why” became much clearer. My sleep has been much better, my diet improved, my daily anxiety decreased. I have future goals and so many tools to use for a continued recovery.

So grateful for the program and everyone involved.”

September 2019