



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

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

Time	Monday 2/11/20	Tuesday 3/11/20	Wednesday 4/11/20	Thursday 5/11/20	Friday 6/11/20	Saturday 7/11/20
6.00am - 6.30am		Rise & Free Time	<b>10</b> Exercise	Rise & Free Time	<b>10</b> Walk	Rise & Free Time
6.30am - 7.05am			Showers / Prepare		Showers / Prepare	
7.15am - 7.55am		Breakfast	Breakfast	Breakfast	Breakfast	
8.00am - 8.55am		<b>4</b> Trauma Sensitive Yoga	<b>11</b> Introduction to / and Mindfulness	<b>4</b> Trauma Sensitive Yoga	<b>11</b> Mindfulness	<b>4</b> Trauma Sensitive Yoga
9.00am to 9.55am	Arrival, Introductions, Admin, & Questionnaires	<b>5</b> Introduction to / and Daily Group Reflections	<b>5</b> Daily Group Reflections	<b>5</b> Daily Group Reflections	<b>5</b> Daily Group Reflections	<b>6</b> 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	<b>6</b> Nutrition and Healthy Eating (1)	<b>12</b> Post Traumatic Stress and Anxiety	<b>15</b> Engagement on Values and Strengths	<b>18</b> Understanding Emotions	<b>22</b> Empathy and Understanding
11.30am - 12.25pm	<b>1</b> Introduction to Cognitive Behaviour Therapy	<b>7</b> Improving Sleep		<b>16</b> Developing and Maintaining a Personal Exercise Program		
12.30pm - 1.25pm	Lunch	Lunch	Lunch	Lunch	Lunch	
1.30pm - 2.30pm	<b>2</b> Shared Stories	<b>8</b> Elements of Communication	<b>13</b> Role of Compassion	<b>17</b> Individual 35 Minute Meetings - Goal Setting & Post Program Planning - Exercise Planning - Nutrition and Healthy Eating Plan - Values and Strengths	<b>19</b> Introduction to Canine Support	<b>3</b> How the Brain Works (2)
2.35pm - 3.35pm		<b>9</b> Benefits of Exercise			<b>20</b> Role of Relationships & Building Connections	About 4 Aussie Heroes Foundation
3.40pm - 4.40pm	<b>3</b> How the Brain Works (1)	<b>10</b> Exercise Circuit	<b>14</b> 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	Free Time	Partners Arrive	
6.00pm - 7.30pm	Dinner	Dinner	BBQ Dinner	Dinner	Dinner	Dinner
7.45pm - 8.30pm					<b>21</b> Humour and Laughter	

Those Participants who may not have Support Persons in Attendance on the Saturday and Sunday are encouraged 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 8/11/20	Monday 9/11/20	Tuesday 10/11/20	Wednesday 11/11/20	Thursday 12/11/20	Friday 13/11/20
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 to 9.55am	<b>5</b> Group Reflection Activity	<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>24</b> Resilience and Post Traumatic Growth	<b>28</b> Medication Information	<b>31</b> Understanding Stress in Life and Self Care	<b>33</b> Alcohol & Substance Use	
11.30am - 12.25pm			<b>29</b> Benefits of Creativity			
12.30pm - 1.25pm	Lunch	Lunch	Lunch	Lunch	Lunch	
1.30pm - 2.30pm	Partner's Depart	<b>25</b> Lived Experience Support	<b>30</b> Shoe Box Creations	<b>30</b> Shoe Box Reveals	<b>34</b> Helpful Resource Material	
2.35pm - 3.35pm	<b>23</b> Introduction to Equine Assisted Therapy	<b>26</b> Understanding Depression	<b>17</b> Individual 35 Minute Meetings - Goal Setting & Post Program Planning - Exercise Planning - Nutrition and Healthy Eating Plan - Values and Strengths	<b>32</b> Coping in a Crisis	<b>35</b> Program Critique	
3.40pm - 4.40pm		<b>27</b> Understanding Loss & Grief			<b>35</b> Program Evaluation & Questionnaire	
4.45pm - 5.00pm	Brief for Tomorrow	Brief for Tomorrow			Brief for Tomorrow	
5.05pm - 6.00pm	Free Time	Free Time			Brief for Tomorrow	
6.00pm - 7.30pm	BBQ Dinner	Dinner at Flavours Café, Boonah	Dinner	BBQ Dinner	Farewell Dinner	
7.45pm - 8.30pm			Trivia Night			