

# Resolutions Program

The Resolutions Program has been specifically designed to support the treatment and resolution of developmental trauma.



## About

South Pacific Private are the pioneers within Australia in the treatment of trauma and co-occurring mental health issues.

Our Childhood Trauma Recovery Program is a deep dive into early childhood experiences of abuse, trauma, neglect and wounding. We will bridge the gap between your childhood experiences and your presenting issues and concerns relating to addiction and mental health.

This program allows you to heal your past so you can break the cycles of addiction and mental health to build a new future for yourself.

Clients will learn to manage their trauma symptoms by developing skills to address triggers, develop self-soothing techniques and explore their defense and maladaptive coping mechanisms by replacing them with more functional coping strategies.

+  
**Full Day**

+  
**In Person**

+  
**Individuals in Recovery**

+  
**Major Health Funds and Self Payment**

## Program Content

- Address unresolved trauma, abuse, neglect and emotional wounding
- The nature and symptoms of complex trauma
- Impacts of trauma and the development of the brain
- Learn emotional regulation and self-soothing strategies
- Developing health boundaries
- Developing healthy self-esteem
- Shame reduction
- Memory integration
- Understand Schemas and Trauma Bonds
- Find hope and recovery

## Who is it for?

The program is specifically tailored to individuals who have well established emotional regulation strategies and are able to self-soothe and have a clear sense of their trauma histories and are able to complete some level of in- depth trauma processing.

*Please note: we do not work with new memories of trauma and abuse. Clinical recommendations for recent memories is for clients to engage in individual trauma work. Clients are to be encouraged to allow a minimum of 6 months duration to lapse in order to give them time to be able to validate the reality of such memories and their emotional experience rather than encourage an impulsive emotional response.*

## Cost

Most major health funds will cover the Resolutions program. Clients can claim via their private health fund, if sufficient hospital cover is held. Please note all funds have different rules. We accept self-funded payments.

The full cost of the program for self-funded is \$361 per session for the full day program and includes morning tea and lunch.

For more information please contact our Intake team on 1800 063 332 and they can arrange a health fund check, and check if there are any out-of-pocket excess or gap.

## Program Delivery

The Resolutions Program is available:

- In person 1 full day session per week for 8 weeks

Contact our Intake team on 1800 063 332 for a full list of days and times available.

## How to get started

Clients completing their inpatient treatment at South Pacific Private will be referred into Resolutions Program by their treating psychiatrist.

For ex-clients who have completed the inpatient program at South Pacific Private within 3 months, an assessment and psychiatric review, if required, will be arranged prior to the commencement of the program.

For new clients, please request a referral from your psychiatrist or GP. An assessment, if required, will be arranged prior to the commencement of the program.

**Our Intake Team is available to answer your questions.  
Call 1800 063 332 now.**