



PTS Education and Recovery Strategies Workshop

Facilitated by George Kontis MAPS

George is a registered psychologist with a Masters Degree in Clinical Psychology. He has extensive previous experience facilitating support groups and working with a range of psychological issues, including providing support to individuals experiencing post-traumatic stress. He uses evidence-based approaches including cognitive behavioural therapy, acceptance and commitment therapy, motivational interviewing, mindfulness and compassion focussed therapy.

Many people will experience a traumatic event in their lifetime which can understandably be highly stressful and emotionally challenging. However given the right support and circumstances, most people recover in the weeks following it. Some people may react in a more severe and enduring way, resulting in a diagnosis of Post Traumatic Stress Disorder (PTSD). Recent Australian studies have reported the lifetime prevalence rates of PTSD in the community at 7.7%. Despite the pain and distress, many people also report great psychological and spiritual growth and other positive outcomes from the recovery journey. These psychological changes, known as Post Traumatic Growth can include the perception of improved interpersonal relationships, enhanced personal strength, new possibilities, spiritual growth and an increased appreciation of life (Tedeschi & Calhoun, 2004).

This workshop is focused on increasing understanding and coping skills around traumatic stress reactions whilst keeping Post Traumatic Growth in mind. It consists of 6 x 1.5 hour sessions that provide information for participants about PTSD and how it effects the brain, individual treatment options when working with a therapist, identifying values and learning new skills in mindfulness and grounding techniques with the purpose of moving towards a valued and meaningful life.

A brief telephone interview will be undertaken with interested participants. Places fill quickly so please call or e-mail to register your interest and to undertake a phone interview.

Dates: Wednesdays evenings 6.30-8.00pm – March 7th, 14th, 21st & 28th and April 4th & 11th

Venue: The Compassionate Friends – Victoria Inc. 229 Canterbury Road, Canterbury (Car parking at rear)

Fee: \$189.90 for the program (Medicare rebates may apply for part of the cost)

Fees are required to be paid up front in order to secure your spot in the program once allocated to a workshop.

For further information or to register contact the ARCVic Office – 9830 0566 or skonstantas@arcvic.org.au

OCD & Anxiety Helpline – 9830 0533 / 1300 269 438

email: skonstantas@arcvic.org.au web: www.arcvic.org.au