



IN-DEPTH TRAUMA RECOVERY GROUP

PERSON-CENTRED GROUP THERAPY(PCGT)

**For first responders and military
personnel continuing recovery through
insight, communication and connection**

A 3 x 10 week group therapy program designed for first responders and military personnel who have begun trauma recovery and are ready to explore deeper emotional and relational work.

Blending person-centred therapy with trauma-focused CBT, this program offers a structured space to strengthen emotional insight, resilience, and interpersonal connection. It complements individual therapy and supports long-term healing through shared experience and reflective group process.



WHO IS THE IN-DEPTH TRAUMA THERAPY PERSON- CENTRED (PCGT) GROUP FOR?

This group is designed for first responders, military personnel and individuals in trauma-related roles who have already begun processing their trauma and are ready for a more in-depth therapeutic experience.

Participants must also be under the care of a therapist, as this program is intended to complement individual therapy. Ideal candidates are those looking to:

- > Enhance emotional regulation and resilience.
- > Strengthen relationships with family, friends, significant others, and their community.
- > Gain deeper insights into their healing process through group interactions.

CLIENT CHALLENGES → PROGRAM BENEFITS	
Feeling stuck in your healing journey	→ Gain fresh perspectives and tools to move forward
Struggling with unresolved trauma	→ Work through emotions in a safe confidential and structured group setting
Difficulty expressing or understanding your emotions	→ Build emotional awareness and improve communication
Experiencing isolation or disconnection from loved ones	→ Develop meaningful connections and strengthen relationships
Managing persistent anxiety or stress	→ Learn techniques to calm your mind, body and handle stress effectively
Feeling unsure about the next steps in recovery	→ Receive practical guidance and support to navigate your healing journey

THE IN-DEPTH TRAUMA THERAPY PERSON-CENTRED (PCGT) GROUP STRUCTURE

Program Duration: 3 cycles of 10 weeks in 2025 | Session Length: 75 minutes week

The group concentrates on developing a deeper understanding of trauma and its effects through structured group activities. The program runs continuously throughout the year. Participants may occasionally miss a term and re-enrol when they are able. The primary focus is on the group's intrapsychic and interpsychic dynamics.



SECTION 1:

Introduction to PTSD and related symptoms, building trust, and learning grounding techniques.



SECTION 2:

Cognitive therapy for changing unhelpful thought patterns in the group environment.



SECTION 3:

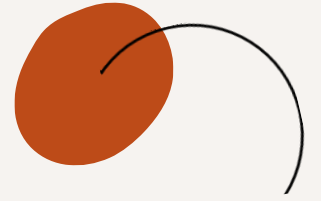
Exposure therapy, building distress tolerance, improving relationships, and coping with triggers.



SECTION 4:

Family connection, vocational transition, and reinforcement of coping skills (relapse prevention).

IN-DEPTH TRAUMA THERAPY PERSON-CENTRED (PCGT) GROUP BENEFITS & FEATURES



Participants in the In-Depth Trauma Therapy Group will benefit from an evidence based structured therapeutic process designed to reduce PTSD symptoms and improve emotional well-being. The group facilitates the group experience and related intrapsychic and interpsychic processes to enhance greater connection with self, significant others and the community.



Evidence-Based Treatment



Group (peer support, shared experiences)



Individual Collaborative Intake



Coping Strategies & Relapse Prevention



Vocational Support
(career transitions)



Mood Management



Distress Tolerance
(mindfulness, grounding)



Family & Relationship Support



FUNDING OPTIONS

Our program can be funded through WorkSafe and DVA for first-line responders. Check with your insurer for eligibility.

REFERRAL PROCESS & ELIGIBILITY

To join the In-Depth Trauma Therapy Group individuals must be referred by their GP and currently undertaking individual therapy. The intake process includes a comprehensive assessment to check suitability (and can assist in facilitating individual therapy if required)

1

Referral from GP to Geelong Psychology

2

The preliminary intake assessment

3

Detailed Intake assessment (Personalised Collaborative intake)

4

Confirmation & Enrolment



READY TO GET STARTED?

Contact us to learn more or how to get started with a referral.

All participants need to be under the care of a GP. If you do not have individual care, please contact your GP or contact Geelong Psychology for further information.



Email:

admin@tmconsulting.net.au



Locations:

Geelong & Ocean Grove, Victoria



Website:

www.geelongpsychology.com.au



Phone:

03 5256 3673

Fax:

03 5234 4112

**Geelong Psychology group therapy programs are administered by TM Consulting PTY LTD
GROUP: In-Depth Trauma Therapy Group - Person-Centred (PCGT)**