Referral Form Trauma Symptom Treatment Groups

- 1. Client Name:
- 2. Clients DOB:

UR Number:

Gender: Male

Female (please circle)

3. Modules Referred for: (see below, tick appropriate box for the group your client would like to attend)

Sleep Problems	Hyper-arousal	Flashbacks	Avoidance
Aims: Dissemination of	Aims: Dissemination of	Aims: Dissemination of	Aims: Dissemination
psycho-educational	psycho-educational	psycho-educational	of psycho-educational
material related to sleep	material related to	material related to	material related to
problems, guided	hyper-arousal, anger-	flashbacks, trigger	avoidant behaviour,
imagery techniques for	management	identification exercises,	anxiety hierarchy and
relaxation, self-	strategies, identifying	guided imagery and	avoidance
monitoring sleep-	emotions exercises,	systematic muscle	identification exercises
charts and general self-	role-plays and general	relaxation, and general	and coping-strategies,
esteem building	self-esteem building	self-esteem building	self-talk, and general
exercises	exercises	exercises	self-esteem building
			exercises

4. Preferred Location: (please circle)	Wundeela	Ferntree Gully	Box Hi	ill
5. Preferred Time/Day: (please circle)	Monday	am	Thursday	am
		pm		pm
6. Case Manager:	Centre	:		-
Contact Ph:	Email:			

*Please note: Once referral as been receipted the case manager will be contacted to confirm and finalise the referral.

7. Has participation in the group(s) been discussed with the client and/or family? Yes No

Please return this form to Sue Quartermain at Chandler House, Ferntree Gully CAMHS.

Office Use Only					
Ref.Rec:	CMC:	1* Int:	PLS:		
G.St:	Loc:	Corr:	Con:		
F.C.M:	D1	D2	D3		

Description of Group Program

The Trauma Symptom Treatment Groups are being run across Eastern Health CAMHS for children who have experienced trauma. These groups will target the symptoms of sleep disturbance, hyperarousal, avoidant behaviour, and flashbacks/repetitive behaviour often seen in children who have been exposed to a traumatic event or series of events. A diagnosis of PTSD is not necessary, the clinician need only be convinced that symptoms have been precipitated by trauma of any sort.

Children eligible will be between 8 and 16 years of age, and deemed suitable by their clinician for group therapy. Children will be allocated to groups based on age. Therefore as a rough guide, primary school aged children will be in a separate group from secondary school aged children. There will be no more than 8 group members.

The groups run for around 90 minutes, and are based on cognitivebehavioural techniques where children will be given psycho-educational material, coping strategies and taught specific techniques. The groups run for 3 weeks only.

Results of the group data (qualitative and quantitative) will be used as part of a Doctoral Degree being undertaken at Deakin University by Megan Dobbie. No data will be identifiable.

Any additional information can be obtained from <u>http://traumaresearch.tripod.com</u> or alternately contacting either Sue Quartermain or Megan Dobbie at Chandler House Child and Adolescent Mental Health Service on 9753 6344.