

## How are the programs funded?

We have agreements with private health funds, DVA, WorkCover and the TAC. Self-funding is also an option.

All referrals are subject to a health fund check prior to program admission.

We are happy to answer any questions about costs. Please call us on 03 9526 0295 to discuss your options.

## How do I access the programs?

You will need to ask your GP for a referral to a psychiatrist accredited with The Victoria Clinic. If you do not have a psychiatrist, we can arrange this for you.

Once the schema team has received your referral, you will be contacted to discuss the assessment process and to determine your eligibility and readiness for the schema programs.

## Like more information?

Please contact The Victoria Clinic intake team on 03 9526 0295 if you have any questions.



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12/2021

# Group Schema Therapy

For complex trauma



Community  
of Care

 The Victoria Clinic  
by Healthscope

## Schema Therapy

### What is complex trauma?

Complex trauma is a condition that develops due to some form of abuse during childhood and/or adolescence. This abuse can be physical, sexual, emotional or neglecting behaviour. Due to this abuse occurring at a time when an individual is young and vulnerable it can have life-long lasting effects including long standing emotional and interpersonal difficulties.

These difficulties are often reinforced and maintained by schemas that are developed and are influenced by the trauma that the individual has experienced.

### What is a schema?

A schema is an extremely stable, enduring set of beliefs that develop during childhood and adolescence. These schemas influence how we see the world and provide a template for not only our own sense of self, but how we view others. Our schemas act as an 'emotional button' and when triggered an individual can experience emotions that are painful and distressing.

These emotions tend to become overwhelming and often the individual is left to engage in dysfunctional coping strategies to manage the trigger. This experience of emotion and coping is often described as an 'emotional rollercoaster' and leads the sufferer feeling confused, lonely, exhausted and helpless.

## Aims

The Victoria Clinic offers both inpatient and outpatient group schema therapy programs designed to help participants understand and manage the effects of complex trauma. It does this by helping participants to:

1. Understand how schemas have developed and how they relate to their mental health symptoms
2. Understand how their past experience has led to the development of their individual schemas
3. Understand their emotional states (modes) and reactions related to complex trauma
4. Learn more adaptive affect regulation strategies to manage emotional states and trauma symptoms
5. Develop safe connections with others within a therapeutic space and explore interpersonal dynamics to help heal interpersonal trauma.

## Who can attend?

The program is designed for individuals with long-standing emotional and interpersonal difficulties, in particular those with a diagnosis of traits of Borderline Personality Disorder or individuals who have a complex trauma history.

## What do the programs look like?

- **Introduction to Schema Modes Day Program**  
one day per week for six weeks.
- **Inpatient Schema Therapy for Complex Trauma Program**  
four week inpatient intensive.
- **Advanced Schema Mode Work Day Program**  
one day per week for seven weeks.

It is recommended that participants enrol in the Introduction to Schema Modes Day Program and then enrol in the four week inpatient intensive prior to enrolling in the advanced program.

Please note that morning tea and lunch are provided for full day Day Programs.

