

Screen for PTSD

Post Traumatic Stress Disorder increases difficulty in returning to work. Screen for PTSD one month after a traumatic incident.

Risk factors for PTSD

- Ongoing emotions of distress and anger
- Re-experiences intrusive and unpleasant memories of incident
- Avoids all talk about incident
- Difficulty concentrating
- Lacks confidence about future
- Unable to concentrate
- Feels vulnerable
- Required hospitalisation
- Ongoing medical or financial problems
- History of depression or anxiety
- Unplanned absenteeism
- Impaired functioning

Protective factors for PTSD

- Strong workplace support

Referrals

Refer for a trauma screen by a psychologist if a person shows many risk factors and has few supports after a trauma.

If a worker has left work, arrange trauma therapy before mediating a return to work program.

Our rehabilitation psychologists are Gilles Hammond and Dr Don Tustin.



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Rehabilitation Psychology



Providers of effective early intervention

Rehabilitation Psychology

Aims

Practices

Rehabilitation psychologists provide specialist services both to the client and to employers to address barriers that limit a person's functioning at work.

Rehabilitation psychologists work with people in the client's environment, as well as directly with the client.

Rehabilitation psychology helps people to adjust to difficulties such as:

- Changes in a workplace
- Returning to work
- Recovering from trauma or crime
- Chronic illness and pain
- Retirement or retrenchment

Objective assessments

We assess level of case difficulty using:

- Personality Assessment Instrument
- Psychosocial Rehabilitation Flag Screen



Rehabilitation aims to:

- Build a client's self-help skills
- Minimize effects of any disability, while helping the client to adjust to change
- Enhance a manager's leadership skills
- Encourage support systems to make viable adjustments to accommodate a client
- Maximize family support

Return to work

Return-to-work addresses psychosocial barriers and helps workers return to work.



Keeping people at work

This program is for people at work struggling to perform, to avoid workers having extended time off work. Refer to prevent WorkCover claims.

Trauma Therapy

Trauma-focused therapy helps people to overcome psychological effects of trauma.

Pain Management

Pain psychologists treat chronic pain collaboratively with other health professionals.

Rehabilitation psychology involves the following steps as required:

- Clarify case coordination process
- Psychological assessment of client
- Clarify goals of intervention
- Provide treatment with a workplace focus to maximize recover and self management
- Aim for early and durable return to work
- Report to agency as agreed
- Review progress using outcome tools as agreed

Service delivery

Services are provided by appointment. Appointments can be provided at 5pm on agreement.

Service Agreements

Service deliver for an individual client commences when a service agreement is signed by an agency representative.

Our service agreement form is available from our receptionist on 8295 4150.

We use WorkCover Psychology Fee Schedule.