ACTIV

AUSTRALIAN CENTRE *for*
TRAUMA *in* VETERANS

Veteran Intensive Program (VIP)

REBUILDING STRENGTH.
RESTORING CONNECTION.
RENEWING PURPOSE.

Intensive Recovery for Australian Veterans and Their Partners

PROGRAM OVERVIEW

The VIP Program is a structured three-stage program over 12 weeks, designed as a series of four-week intensive blocks. This flexible model allows veterans to complete multiple stages consecutively or undertake them progressively, depending on individual readiness and capacity. It is run as a residential recovery initiative, thoughtfully developed in collaboration with Veterans, for Veterans. It provides a comprehensive and coordinated approach to care, integrating medical, psychological, and physical rehabilitation.

Designed to support recovery from service-related trauma and complex health challenges, the program aims to restore functional capacity, rebuild confidence, and help participants rediscover a clear sense of direction and purpose. Veterans can complete the 3 stages

WHO CAN BENEFIT

The VIP Program is tailored for Australian Veterans and ADF personnel who are experiencing:

- Post-traumatic stress disorder (PTSD), moral injury, depression, anxiety, or chronic pain
- Complex neuropsychiatric conditions associated with military service
- Sleep disturbances, relationship challenges, or a decline in daily functioning
- The need for structured support in recovery and relationship rebuilding, including partners

INTEGRATED CARE FOR RECOVERY

The VIP Program is built on the understanding that mental health conditions in Veterans rarely occur in isolation. Experiences such as trauma, operational stress, and transition challenges often lead to interconnected issues, including chronic pain, sleep disturbances, substance use, and other physical or psychological co-morbidities. An integrated treatment approach recognises this complexity by addressing the whole person rather than isolated symptoms. Through the coordinated delivery of medical, psychological, and physical therapies, the program aims to improve overall functioning, enhance recovery outcomes, and support Veterans in rebuilding a stable, healthy, and meaningful life beyond service.

PTSD and trauma-related disorders	**Moral injury**	**Depression and anxiety**
Chronic pain	**Tinnitus and sensory sensitivity**	**Sleep disturbance (CBT-I)**
Communication & relationship breakdown	**Functional and physical deconditioning**	**Male and Female Sexual Disorders**

Comprehensive Treatment and Recovery Services Included

As part of the VIP Program, participants receive access to a carefully curated suite of integrated treatment and recovery services, delivered within a highly coordinated, multidisciplinary framework. Each element of the program is intentionally designed to address the complex and interrelated physical, psychological, and functional impacts of service-related trauma.

This all-inclusive model of care combines evidence-based psychological therapies, specialist medical and pain management, and targeted physical rehabilitation with advanced sleep optimisation, nutritional support, and structured psychoeducation. Complementary therapies further enhance recovery, while peer support and dedicated recovery coaching foster connection, accountability, and sustained progress.

Together, these services create a seamless, immersive treatment experience—supporting deep, whole-person recovery and empowering participants to achieve meaningful, lasting outcomes.

Trauma-focused psychotherapies (CBT, EMDR, ACT)

Pain management and graded exposure

Physiotherapy and strength conditioning

Vestibular rehabilitation (mTBI)

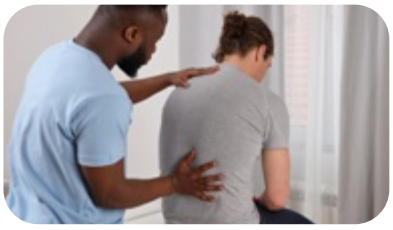
Sleep optimisation (CBT-I)

Psychoeducation modules

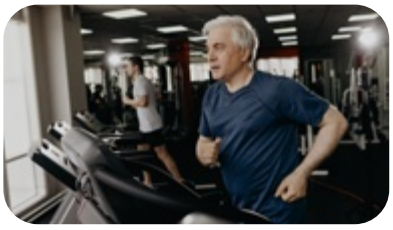
Nutritional education

Peer support and recovery coaching

Complementary therapies



Optional fitness and recreational training



Post-program telehealth review included.

Our Approach to Veteran Mental Health & Well-being

We deliver a structured, evidence-based mental health and wellbeing program designed specifically to support veterans. The program recognises the unique challenges associated with service, transition, and post-service life, and provides a safe, supportive environment to build resilience, restore wellbeing, and support long-term recovery.
Our integrated approach combines clinical support, peer connection, education, and practical skill development to ensure meaningful and sustainable outcomes for each participant.

What We Provide

Individual Clinical Support
Regular one-on-one sessions with qualified professionals, providing a confidential space to address individual mental health needs, including stress, trauma, transition challenges, and overall well-being. Sessions are tailored to each veteran's goals and recovery pathway.

Group-Based Peer Support
Facilitated group sessions that foster connection with other veterans who share lived experience. This environment supports trust, reduces isolation, and builds a strong sense of camaraderie and mutual support.

Mental Health Education & Skill Development
Targeted education sessions to build understanding of mental health, including stress responses, emotional regulation, and the impacts of service. Veterans are equipped with practical tools and strategies to support day-to-day well-being.

Experiential & Re-engagement Activities
Structured activities such as bush walking, physical challenges, and skill-based experiences designed to support confidence, purpose, and reconnection with life outside of service. These activities promote both physical and psychological resilience.

Evidence-Based Therapeutic Approaches
Delivery of clinically recognised therapies, including Cognitive Behavioural Therapy (CBT), Motivational Interviewing, and mindfulness-based techniques, supporting behaviour change, emotional regulation, and recovery.

Physical Health & Wellbeing
A focus on improving overall health through structured exercise, movement, mindfulness, and nutrition, recognising the strong link between physical health and mental well-being for veterans.

Supportive Recovery Environment
A calm, structured setting removed from everyday stressors, allowing veterans to focus on recovery, reflection, and personal development in a psychologically safe space.

Family & Support Network Engagement
Opportunities to involve family members or key supports, where appropriate, to strengthen relationships, improve understanding, and support ongoing recovery beyond the program.

Weekly Program Overview

The program is run at either our Brisbane City or Hinterland Location and follows a structured weekly routine designed to promote stability, routine, and positive behavioural change—key components in supporting veteran mental health and recovery.

Daily Structure & Routine
Each day begins with physical activity and a guided group check-in, supporting emotional regulation, connection, and readiness for the day. Evenings include reflective sessions focused on progress, gratitude, and reinforcing positive habits.

Group Therapy & Psychoeducation
Veterans participate in multiple facilitated group sessions each week, focusing on key areas such as resilience, managing stress, emotional awareness, transition, and rebuilding purpose.

Individual Therapy Sessions
Dedicated weekly one-on-one sessions provide personalised support, allowing veterans to work through individual challenges and track progress against their goals.

Experiential & Outdoor Activities
Regular activities designed to challenge, engage, and rebuild confidence, supporting veterans to reconnect with enjoyment, routine, and a sense of achievement.

Mindfulness & Recovery Practices
Incorporation of mindfulness, meditation, and creative therapies to support relaxation, emotional processing, and self-awareness.

Clinical Oversight & Medical Support
Ongoing clinical monitoring with access to medical support as required, ensuring participant safety and continuity of care.

Family Connection Opportunities
Structured opportunities for family engagement, recognising the importance of strong support networks in long-term recovery and reintegration.

Stage-Based Program Goals

This program is offered in three stages which can be done separately or consecutively. Each stage of the program has clearly defined, participant-centred goals that evolve from foundational understanding through to practical application and long-term integration, ensuring a cohesive and cumulative pathway to improved wellbeing.

PROGRAM FRAMEWORK WITH OUTCOMES & MEASURES

STAGE 1 (WEEKS 1–4): STABILISATION, ENGAGEMENT, AND BASELINE ESTABLISHMENT

Mental Health

- Develop a shared formulation (trauma history, maintaining factors, comorbidities)
- Increase insight into symptom clusters (re-experiencing, avoidance, hyperarousal)
- Reduce acute symptom severity to a manageable threshold for trauma work
- Establish psychological safety and therapeutic alliance

Physical Health

- Complete comprehensive biopsychosocial assessment
- Identify pain drivers (central sensitisation vs structural)
- Establish safe movement baselines
- Initiate sleep stabilisation protocols

Function & Participation

- Restore basic ADL structure (sleep/wake cycles, hygiene, nutrition)
- Reduce extreme avoidance or withdrawal behaviours
- Identify functional goals meaningful to the veteran

Social & Family

- Map support systems and relational stressors
- Begin psychoeducation for partners/family (if involved)

Outcome Measures (Baseline + End of Stage 1)

- PTSD & Mental Health: PCL-5, PHQ-9, GAD-7
- Functioning: WHODAS 2.0, K10
- Pain & Physical Health: Brief Pain Inventory, Pain Self-Efficacy Questionnaire
- Sleep: Insomnia Severity Index
- Substance Use: AUDIT

Stage 1 Target Outcomes

- Engagement: ≥80% attendance/compliance
- Distress reduction: measurable drop in K10 / PHQ-9
- Improved sleep onset or duration
- Veteran can identify triggers and use ≥ 2 coping strategies

STAGE 2 (WEEKS 5–8): ADVANCED TREATMENT & FUNCTIONAL RESTORATION

Mental Health

- Process trauma using evidence-based therapies (e.g. TF-CBT, EMDR, CPT)
- Reduce avoidance and safety behaviours
- Modify core beliefs (guilt, shame, threat perception)
- Improve affect regulation under stress

Physical Health

- Progress to graded exposure to movement and activity
- Improve functional capacity (strength, endurance, mobility)
- Reduce fear-avoidance behaviours related to pain

Function & Participation

- Resume instrumental ADLs (shopping, appointments, finances)
- Increase activity tolerance without symptom flare
- Re-engage in valued activities

Social & Family

- Improve communication and emotional expression
- Address intimacy and relationship strain
- Increase social participation

Vocational

- Assess work readiness
- Begin graded vocational exposure or planning
- Address cognitive barriers (attention, memory, executive function)

Outcome Measures (Midpoint Tracking)

- PTSD: PCL-5 (Target: 10–20 point reduction from baseline)
- Depression/Anxiety: PHQ-9, GAD-7 - Movement from moderate - mild range
- Function: WHODAS 2.0 - Improvement in participation domains
- Pain: BPI / PSEQ - Increased pain self-efficacy, reduced interference
- Quality of Life: AQoL-8D - improvement

Stage 2 Target Outcomes

- Significant symptom reduction (clinically meaningful change thresholds)
- Increased activity levels without crash cycles
- Demonstrated ability to apply coping strategies in real-world scenarios
- Improved relationship functioning (self-reported and/or partner feedback)

STAGE 3 (WEEKS 9–12): CONSOLIDATION, REINTEGRATION, AND SUSTAINABILITY

Mental Health

- Maintain reduced PTSD symptom severity
- Strengthen relapse prevention strategies
- Improve psychological flexibility and resilience
- Transition from therapy dependence - self-management

Physical Health

- Sustain independent exercise and pain management routines
- Reduce reliance on passive treatments
- Demonstrate flare-up management without escalation

Function & Participation

- Consistent daily structure and productivity
- Increased independence across life domains
- Sustained engagement in meaningful roles

Social & Family

- Strengthen support networks
- Improve relationship stability and satisfaction
- Ongoing community reintegration

Vocational

- Return to work, study, or volunteering (graded if needed)
- Develop long-term vocational plan
- Build confidence in civilian identity

Outcome Measures (End of Program)

Repeat all baseline measures to demonstrate clinically significant change:

- PCL-5 - aim for ≥20 point reduction or below diagnostic threshold
- PHQ-9 - remission or mild range
- GAD-7 - mild or minimal
- WHODAS - meaningful functional improvement
- AQoL-8D - improved quality of life utility score
- PSEQ - increased confidence managing pain

Additional Reintegration Metrics

- Return-to-work status (or readiness level)
- Social participation frequency
- Self-reported goal attainment scaling (GAS)

THROUGHOUT THE PROGRAM WE WILL:

1. **Use Clinically Recognised Measures**
2. **Demonstrate "Clinically Significant Change"** - Use reliable change indices (RCI) where possible and show both symptom reduction AND functional improvement
3. **Focus on Function, Not Just Symptoms**

- Psychosocial functioning
- Community participation
- Vocational outcomes

4. **Document Multidisciplinary Input**

- Psychology (trauma therapy)
- Psychiatry (medication stabilisation)
- Physiotherapy (pain & mobility)
- Occupational Therapy (function & vocational)
- Social Work (family & systems)

5. **Build Discharge & Continuity Plans**

- Step-down care pathways
- GP and community provider handover
- Crisis and relapse plans

WHOLE PROGRAM ENHANCEMENTS:

1. **Measurement-Based Care (MBC) System – Not Just Outcome Collection**

- Routine outcome monitoring every 1–2 weeks, not just pre/post
- Use a dashboard integrating:
  - PCL-5
  - K10
  - WHODAS 2.0
- Automated alerts for deterioration or non-response
- Clinicians adjust treatment based on data ("feedback-informed care")
- Digital platform (tablet/web-based check-ins)
- Weekly multidisciplinary review meetings using outcome data
- Demonstrates accountability and clinical effectiveness
- Enables early intervention, reducing chronicity and cost
- Aligns with Australian stepped-care and outcome-reporting expectations

2. **Goal Attainment Scaling (GAS) Embedded Across the Program**

- Each veteran sets 3–5 personalised functional goals e.g. "Attend my child's sporting event", "Drive independently", "Sleep 6 hours/night"
- Goals are rated on a -2 to +2 scale (much less than expected - much better than expected)
- Set goals in Week 1
- Review at Weeks 4, 8, and 12
- Integrate into discharge summaries
- Moves beyond symptom reduction - real-world functional recovery
- Provides individualised, meaningful outcomes
- Strong alignment with rehabilitation and compensation frameworks

3. **Structured Family & Relationship Intervention Stream**

- Dedicated family psychoeducation modules
- Optional couples therapy / relationship skills sessions
- Education on:
  - PTSD impacts on relationships
  - Communication strategies
  - Managing anger, withdrawal, and intimacy issues
- Weekly or fortnightly family sessions (in-person or telehealth)
- Written resources + recorded modules for partners
- Family stability reduces relapse and hospitalisation risk
- Improves long-term social functioning
- Addresses a major driver of veteran distress: relationship breakdown

4. **Peer Support Integration (Veteran-Led Components)**

- Trained veteran peer workers embedded in program delivery
- Peer-led groups:
  - Transition identity
  - Moral injury discussions
  - "Life after service" narratives
- Employ or contract trained peer workers
- Co-facilitate groups alongside clinicians
- Improves engagement and retention
- Builds trust and credibility
- Strong evidence for reducing stigma and isolation

5. **Vocational Rehabilitation Pathway (Not Just "Discussion")**

- Formal vocational assessment + pathway planning
- Collaboration with:
  - Employers
  - Training providers

- Graded exposure:
  - Volunteering - part-time - work trials
- Occupational therapist + vocational specialist involvement
- Structured return-to-work plans with milestones
- Directly linked to reduced compensation burden
- Strong indicator of functional recovery
- High priority outcome in veteran policy

6. Pain & Mental Health Integration (True Biopsychosocial Model)

- Joint delivery by:
  - Psychology
  - Physiotherapy
  - Pain specialists
- Integrated sessions on:
  - Pain neuroscience education
  - Graded exposure
  - Fear avoidance
- Co-facilitated group sessions
- Shared treatment plans across disciplines
- Many veterans have comorbid chronic pain
- Reduces:
  - Opioid reliance
  - Disability claims
- Improves overall functional outcomes

7. Moral Injury & Identity Reconstruction Module

What this looks like

- Targeted work on:
  - Guilt, shame, betrayal
  - Loss of identity post-service
- Incorporates:
  - Narrative therapy
  - Values-based work
  - Meaning-making frameworks
- Small-group or individual sessions
- Delivered by clinicians experienced in veteran culture
- Increasingly recognised as a core driver of PTSD complexity
- Not addressed by standard PTSD protocols alone
- Supports long-term psychological recovery

8. Digital & Telehealth Continuity Model

- Post-program 12-week digital follow-up
- App-based:
  - Symptom tracking
  - Skills refreshers
  - Clinician messaging
- Provision of access to a digital platform at discharge
- Schedule booster telehealth sessions
- Reduces relapse and readmission
- Supports veterans in rural/regional areas
- Cost-effective long-term support model

9. Step-Down & Aftercare Pathways

- Clear transition to:
  - GP
  - Community psychologist
  - Veteran services
  - Defined risk management and relapse plans

10. High-Risk Subgroup Tracks

- Specialised pathways for:
  - Complex PTSD
  - Substance use comorbidity
  - High suicide risk
  - Severe chronic pain

11. 11. Sleep & Fatigue Restoration Program

- Structured CBT-I (Cognitive Behavioural Therapy for Insomnia)
- Fatigue management linked to:
  - Pain
  - Mental health
  - Activity pacing

12. 12. Data-Driven Reporting to DVA

- Clear reporting of:
  - % achieving clinically significant change
  - Functional improvement (WHODAS)
  - Return-to-work rates
- Benchmarking across cohorts

13. Cultural Competency: Military-Staff trained in:

  - Military structure and language
  - Deployment experiences
  - Transition challenges
- Program adapted to military identity and norms

14. Physical Conditioning &Confidence Rebuilding

- Structured strength and conditioning programs
- Focus on:
  - Confidence
  - Functional independence
- Not just rehab—performance restoration within limits

15. Program Evaluation & Research Integration

- Ongoing program evaluation
- Partnerships with Griffith, UQ, JCU and Bond Universities

Bottom Line

This program will clearly demonstrate:

- Measurable outcomes (not just participation)
- Functional recovery and reintegration
- Reduced long-term healthcare and compensation costs
- Sustainable, scalable models of care
- Inclusion of peer support (veteran-led components)
- Spouse and Family-inclusive sessions
- In person and/or telehealth individual follow-up and regular follow up group therapies

Individualised Goals & Outcome Framework

Comprehensive Treatment Goals
These will all be assessed at baseline and throughout the program using individualised DVA-aligned specific outcome measures, ensuring detailed, individual-focused goals relevant to each person participating in the VIP program, and measuring personal, clinical and rehabilitation goals.

Mental Health (PTSD, Anxiety, Depression)
Develop and implement personalised strategies to reduce core PTSD symptoms, including intrusions, avoidance, and hyperarousal, while tracking progress through self-reflection and validated outcome measures. Set measurable goals to decrease the severity of anxiety and depressive symptoms, and regularly reflect on emotional progress and challenges. Foster improved emotional regulation and distress tolerance through tailored interventions, encouraging ongoing self-assessment. Enhance cognitive flexibility and challenge maladaptive beliefs such as guilt, shame, and moral injury by integrating structured personal reflection exercises. Build psychological resilience and adaptive coping capacity with clear milestones and opportunities for participants to reflect on personal growth. Support veterans in reconstructing a sense of identity, purpose, and meaning post-service, with structured opportunities for self-exploration. Facilitate reduction in suicidal ideation and reinforce safety planning by engaging participants in reflective safety check-ins and collaborative goal reviews.

Chronic Pain Management
Set specific, measurable goals to reduce pain intensity and pain-related distress, with regular personal reflection on pain experience and coping progress. Empower participants to improve pain self-efficacy and perceived control over symptoms through goal-setting and self-assessment tools. Implement targeted strategies to decrease central sensitisation and pain catastrophising, encouraging personal awareness and documentation of changes in pain perception. Focus on increasing functional capacity despite pain by shifting the emphasis from pain elimination to restoration of meaningful daily activities, with reflective journaling on achievements. Support reduction in reliance on opioid or high-risk medications through collaborative planning and ongoing self-reflection. Enhance understanding of pain neuroscience using educational modules paired with reflective exercises to track knowledge growth and application.

Physical Function & Mobility
Establish clear, individualised goals to improve strength, endurance, balance, and coordination, with regular self-reflection on progress and barriers. Design personalised interventions to restore functional movement patterns and mobility, with participants tracking their achievements and challenges. Increase participation in activities of daily living (ADLs) by setting specific milestones and encouraging reflective practice on functional gains. Implement strategies to reduce fear of movement (kinesiophobia), incorporating self-monitoring and reflection on confidence and activity levels. Target improvements in gait, posture, and musculoskeletal alignment with measurable objectives and opportunities for personal feedback. Support rehabilitation of injury-related impairments (orthopaedic, neurological) by tracking personal progress and encouraging goal-focused reflection.

Neurological & Cognitive Function
Develop and pursue individualised, goal-driven plans to improve attention, memory, and executive functioning, particularly in the context of TBI, with regular personal reflection on cognitive challenges and successes. Facilitate neuroplastic recovery through tailored, repetitive, task-specific training, tracked by both outcome measures and reflective self-evaluation. Set specific targets to reduce cognitive fatigue and enhance mental stamina, with opportunities for participants to document personal strategies and insights. Improve sensory-motor integration and coordination by combining measurable objectives with reflective journaling on daily cognitive and functional experiences.

Medical & Lifestyle Health
Work towards optimising management of chronic medical conditions with concrete, individualised health targets, complemented by ongoing personal health reflections. Improve sleep hygiene and circadian rhythm regulation through structured routines and reflective self-monitoring. Enhance nutrition and metabolic health by establishing measurable dietary goals and encouraging ongoing self-assessment. Increase physical activity and exercise tolerance with personalised, goal-oriented plans and reflective tracking of progress. Reduce substance use (alcohol, tobacco, other drugs) by setting clear reduction targets and integrating regular personal reflection on triggers, progress, and barriers. Address sexual health and medication-related side effects with specific health goals and reflective exercises to monitor changes and wellbeing.

Sleep Restoration
Set individualised, measurable goals to improve sleep onset, duration, and quality, with regular personal reflection on sleep patterns and improvements. Implement targeted strategies to reduce insomnia and trauma-related sleep disturbances (such as nightmares), encouraging ongoing self-assessment and journaling. Support stabilisation of circadian rhythms with structured routines and reflective tracking of progress. Aim to decrease reliance on sleep medications while enhancing daytime energy and cognitive functioning, with participants reflecting on changes and personal strategies for sustained improvements.

Individualised Goals & Outcome Framework

Relationships, Intimacy & Family Functioning
Establish specific, measurable objectives to improve communication and conflict resolution skills within relationships, with regular personal reflection on progress and challenges. Address intimacy and sexual functioning issues by setting individual goals and fostering self-exploration and feedback. Reduce relationship distress and improve satisfaction through targeted interventions and reflective practice on relational experiences. Support the rebuilding of trust, emotional connection, and attachment security with structured opportunities for self and mutual reflection. Increase family understanding of trauma, pain, and military-related impacts via education and reflective exercises. Strengthen family support systems and involvement in recovery through collaborative goal-setting and shared reflection activities.

Psychosocial Function & Reintegration
Develop and pursue individual, goal-oriented plans to improve social engagement and reduce isolation, with reflective journaling on interactions and progress. Set measurable targets to increase participation in meaningful roles within family, work, and community, incorporating regular self-assessment. Enhance vocational readiness and functional independence through specific milestones and opportunities for reflective evaluation. Support a smooth transition from military to civilian identity with structured self-exploration and feedback. Focus on improving overall quality of life and wellbeing by tracking personal growth and inviting ongoing reflection.

Behavioural & Lifestyle Change
Set clear, individualised goals to establish sustainable healthy routines (covering sleep, exercise, and nutrition), with participants reflecting on consistency and barriers. Increase adherence to treatment and self-management strategies by implementing measurable action plans and regular self-assessment. Develop long-term relapse prevention plans with structured goal reviews and personal reflection on risk factors and coping strategies. Improve motivation and goal-directed behaviour through ongoing self-evaluation and targeted interventions to track progress and challenges.

Neuroplasticity & Wellbeing (Holistic Therapies)
Develop and pursue measurable goals to enhance brain plasticity through multisensory engagement (such as music, art, and movement), with reflective journaling on experiences and personal growth. Improve body awareness and mind–body integration by setting specific targets and encouraging ongoing personal reflection. Reduce stress using mindfulness, yoga, tai chi, and nature-based therapies, with participants documenting stress levels and coping strategies over time. Foster positive affect, creativity, and emotional expression through structured activities and regular self-reflection. Support improvements in autonomic regulation (via biofeedback/neurofeedback) by tracking outcomes and encouraging reflective feedback on progress.

Program-Level Outcomes
Pursue measurable improvements across validated outcome scales (such as PTSD, pain, and depression) with regular personal reflection on progress and challenges. Set and track individual goals to increase functional independence and participation in return-to-life activities, with ongoing self-assessment. Enhance patient-reported quality of life by inviting reflective feedback at key intervals. Establish a clear, individualised post-program care plan with collaborative goal-setting and reflection on needs and aspirations. Ensure continuity of care with community and veteran services, encouraging ongoing personal engagement and reflective evaluation of support systems.

Safety & Risk Management
Set specific, measurable goals to stabilise acute psychological distress, with participants reflecting on triggers, coping strategies, and progress. Implement targeted interventions to reduce self-harm and suicide risk, accompanied by personal reflection on safety and support systems. Improve crisis response strategies with clear objectives, regular practice, and reflective self-evaluation. Strengthen protective factors such as family, sense of purpose, and connection by setting individual targets and encouraging reflective feedback on growth and challenges.

The VIP Program delivers a sophisticated, evidence-informed model of care, purpose-built for Veterans living with complex and co-occurring conditions. Moving beyond traditional, symptom-focused approaches, the program provides a deeply integrated framework that addresses the psychological, physical, neurological, and relational impacts of service—recognising that recovery is both clinical and personal.
Within a structured and supportive environment, participants engage in intensive, multidisciplinary treatment designed to not only reduce symptoms, but to restore strength, rebuild confidence, and reconnect with a sense of identity and purpose. Expert clinical care is combined with advanced therapeutic modalities to create a pathway toward meaningful, lasting change.
This is more than treatment—it is a considered, high-quality standard of care that honours the complexity of each individual's experience, supporting Veterans to regain control, rediscover direction, and move forward with resilience and clarity.

Accessing the VIP Program

The VIP Program is available to any Veteran experiencing mental health challenges or related conditions impacting their wellbeing, functioning, or quality of life. Recognising that seeking support can often feel complex, the pathway to accessing the program has been designed to be clear, supportive, and straightforward.

Veterans can begin the process by following the steps outlined below, with guidance available at every stage—from initial enquiry through to assessment and admission. Our team works closely with referrers, healthcare providers, and the Department of Veterans' Affairs (DVA) to ensure a smooth and efficient process, allowing participants to focus on what matters most: their recovery.

Location

RESET AND RESTORE

Stepping away from the pressures and distractions of your daily life and changing your environment is an important part of focusing fully on treatment, recovery, and mental wellbeing. Our residential program, is run at either our Brisbane City or Hinterland location, depending on participant groups. It provides a dedicated space where participants can step back from daily responsibilities, routines, and concentrate on their mental health in a supportive and structured environment.

The program is designed to create the time and space needed to properly engage in therapeutic work, build healthier coping strategies, and focus on personal wellbeing without the constant interruptions of normal life. By removing participants from everyday distractions, the residential setting allows for greater clarity, improved focus, and deeper engagement throughout treatment and recovery programs.

Participants also benefit from access to a wide range of recreational activities, entertainment, cultural experiences, and beautiful local landscapes right on our doorstep. Whether it is enjoying the riverside lifestyle, exploring local parks and cafés, participating in community activities, or simply taking time to reset in a different environment, the location supports both wellbeing and balance throughout the program experience.

This combination of structured support, dedicated treatment and onsite accommodation creates an ideal environment for individuals to pause, reflect, reconnect, and work meaningfully toward improved mental health and long-term wellbeing.

Within this environment, individuals are better able to process experiences safely, build trust within peer groups, and develop practical strategies for ongoing wellbeing. The setting encourages presence and resilience—supporting, not replacing, clinical care—while creating the psychological safety needed for meaningful progress.

Activating Recovery Through Purposeful Engagement

The activities within the VIP Program are strategically designed to actively support and accelerate clinical outcomes. Grounded in evidence-based principles of neuroplasticity, behavioural activation, and nervous system regulation, each experience is intentionally integrated to reinforce therapeutic gains across the program.

Far from being supplementary, these activities play a critical role in recovery—helping to reduce stress reactivity, improve mood and sleep, enhance physical capacity, and rebuild confidence in everyday functioning. Through structured movement, nature-based experiences, and guided social connection, participants translate clinical insights into real-world practice, strengthening both resilience and adaptability.

This dynamic integration of therapy and activity ensures that recovery is not only understood—but experienced, embedded, and sustained well beyond the program.

Wellbeing & Relaxation

- Guided yoga and mindful movement sessions
- Meditation and breathwork in quiet outdoor spaces
- Downtime to relax and regroup

Nature & Outdoor Experiences

- Scenic bush walks through native forest and mountain trails
- Nature immersion and quiet reflection areas
-

Active Recreation

- Take advantage of outdoor activities
- Light fitness and movement activities in open-air environments
- Optional group exercise sessions to support mental and physical well-being

Social & Leisure

- Informal connection spaces to unwind with others
- Casual evenings to decompress and recharge

Personal Recharge Time

- Dedicated time to rest, reset and step away from structured sessions
- Quiet spaces for journaling, reflection or simply “switching off”
- Opportunity to balance program intensity with restorative downtime

ARC – Accelerated Recovery Centre

PART OF YOUR JOURNEY. A STEP TOWARD BETTER RECOVERY.

As part of your rehabilitation program with ARC Health, you will spend dedicated time at ARC – the Accelerated Recovery Centre, Queensland's first neurotechnology-focused rehabilitation hub.

Designed specifically for Veterans and individuals recovering from complex trauma, neurological injuries, PTSD, and chronic pain, ARC provides access to some of the most advanced rehabilitation technologies available today.

WHAT YOU'LL EXPERIENCE AT ARC

During your time at ARC, you'll engage with a range of cutting-edge therapies tailored to your individual recovery goals:

Robotic-Assisted Therapy

Guided movement systems that help retrain strength, coordination, and motor control.

AI-Guided Feedback Systems

Intelligent, real-time insights that adapt your therapy and track your progress.

Virtual Reality Immersion

Interactive environments that support both physical and cognitive rehabilitation.

Gamified Neurorehabilitation

Engaging, game-based exercises designed to improve consistency and motivation.

Functional Electrical Stimulation (FES)

Targeted stimulation to activate muscles and restore movement patterns.

Photobiomodulation & PEMF Therapy

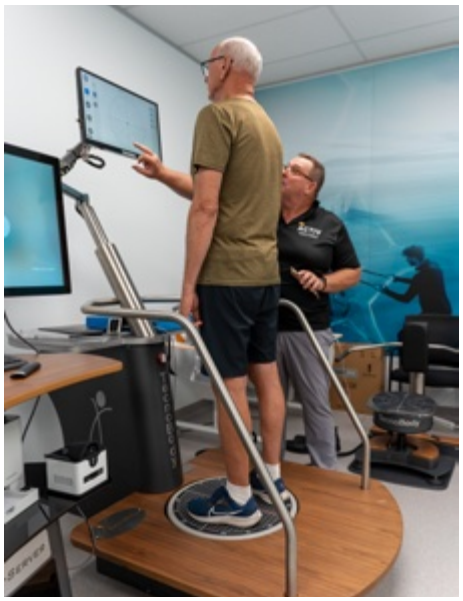
Advanced therapies that support neural recovery, reduce inflammation, and promote healing.

WHY THIS MATTERS

Time spent at ARC is a key component of your program, helping to:

- Enhance neuroplasticity and brain recovery
- Accelerate functional improvements
- Increase engagement and motivation
- Deliver personalised, data-driven rehabilitation

These advanced therapies are designed to complement and enhance traditional care, often achieving outcomes beyond conventional physiotherapy alone.



ARC

Clinical Leadership & Faculty

Barker, Shane – Safety, Security & Trauma-Informed Leadership Specialist
MBA (UQ), MSc (Neuroscience of Leadership), AdvDip OHS, Security & Risk Management

Shane Barker is a senior leader with over 40 years' experience across military, emergency services, and corporate sectors. His career spans from frontline operational roles to executive leadership, including Senior Manager, Environment, Health & Safety at Boeing Defence Australia.
He has worked internationally with the United States Department of Defense in Iraq, delivering training, safety systems, and crisis response leadership in high-risk environments.
Shane specialises in human performance under pressure, resilience, crisis leadership, and trauma-informed organisational systems, bringing a unique perspective grounded in both operational experience and neuroscience. His work is highly relevant to veterans, first responders, and high-risk industries.

Frontline Yoga
Trauma-Informed Yoga & Movement

Frontline Yoga delivers trauma-informed yoga and movement programs specifically designed for veterans, first responders, and individuals affected by trauma.
Their approach integrates neuroscience, body-based therapies, and trauma-sensitive practices to support nervous system regulation, safety, and reconnection with the body. Their programs are widely used in veteran communities and emphasise accessible, community-based recovery.

Gillman, Dr Michael – Men's Health Specialist (Brisbane)
MBBS (UQ), FRACGP, AChSHM (Affiliated)

Dr Michael Gillman is a leading General Practitioner specialising in male sexual health and dysfunction. With over 25 years of experience, he has contributed to clinical research, national guidelines, and medical education.
His work is particularly relevant to veteran populations, addressing often under-recognised aspects of physical and psychological health, including sexual function, hormonal health, and wellbeing.

Gold, Will – Accredited Practising Dietitian & Founder, Dig In Health Co
BNutrDiet (Hons), APD

Will Gold is an Accredited Practising Dietitian and founder of Dig In Health Co. A former member of the Royal Australian Air Force, he brings lived experience to his work supporting veterans.
He specialises in chronic disease, mental health nutrition, and sustainable dietary change, delivering both clinical care and community-based programs. His work strongly aligns with veteran health, lifestyle medicine, and recovery.

Greenhalgh, Kate – Psychologist & Trauma Therapist
Registered Psychologist (AHPRA)

Kate Greenhalgh is a trauma-informed psychologist specialising in anxiety, trauma, and emotional regulation. Her work focuses on nervous system regulation and client-centred care, supporting individuals in recovering from trauma and building resilience.

Humphries, Linda – Narrative Therapist

Linda Humphries specialises in narrative therapy, helping individuals reconstruct identity and meaning following trauma through storytelling and reflective therapeutic approaches.

McConnell, Prof. Harry – Neuropsychiatrist & Neurodisability Specialist
MD, FRCPC, FRANZCP, MCIME, FASLM

Professor Harry McConnell is an internationally recognised neuropsychiatrist specialising in brain injury, epilepsy, and disability medicine.
He has advised the World Health Organization and Australian Government, contributing to the development of the NDIS and international clinical guidelines. His work is central to understanding complex neuropsychiatric conditions in trauma-affected populations.

Moses, Geraldine – Pharmacist
BPharm

Geraldine Moses is a leading pharmacist specialising in medication safety and quality use of medicines, particularly in complex and multidisciplinary care.

Ringuet, Kylie – Psychologist
Registered Psychologist (AHPRA)

Kylie Ringuet provides evidence-based care for anxiety, trauma, and adjustment, focusing on resilience and emotional regulation.

Sernberg, Jasmine – Registered Arts Therapist
MA (Therapeutic Arts Practice), AThR

Jasmine Sernberg is a Registered Arts Therapist specialising in trauma-informed care and perinatal mental health, using creative and experiential approaches to support healing.

Tho, Dr Jia Haur – Neurologist & Neurophysiologist
MBBS, MRCP (UK), FRACP

Dr Jia Haur Tho is a neurologist specialising in stroke, epilepsy, and neuromuscular disorders, with advanced expertise in neurophysiological diagnostics.

Watts, Vicki – Drama Therapist
BA (Drama), ANZACATA Member

Vicki Watts is a drama therapist specialising in trauma-informed creative therapies and neuro-dramatic play, supporting emotional processing through embodied approaches.

Zhu, Dr Mia Meifang – Specialist Endodontist
BDSc, DClinDent (Endodontics)

Dr Mia Zhu is a Specialist Endodontist focused on complex dental pain and root canal therapy, contributing to multidisciplinary care in chronic pain management.

Clinical Leadership & Faculty

ALLIED HEALTH

Macushla Sherry
Occupational Therapist

Macushla Sherry is a dedicated Senior Occupational Therapist with a strong focus on supporting individuals to build independence, confidence, and meaningful participation in everyday life. She brings a compassionate, client-centred approach to her work, combining evidence-based practice with practical, tailored strategies. She is skilled in assistive technology, functional assessments, and supporting activities of daily living, with a strong emphasis on empowering clients within their home, school, and community environments. Driven by a genuine commitment to improving quality of life, she focuses on helping each person she works with achieve greater independence, connection, and confidence in their everyday lives.

Cameron Hill
Exercise Physiotherapist

Cameron Hill is an Accredited Exercise Physiologist with over 20 years of experience supporting individuals through injury recovery, chronic condition management, and long-term physical resilience. With a strong foundation in clinical exercise interventions, he specialises in helping clients build strength, restore function, and develop sustainable self-management strategies.
Cameron has extensive experience working across diverse populations, including high-performance sport and community health, bringing a practical, outcomes-focused approach to care. His work is grounded in behavioural change principles, empowering individuals to take an active role in their recovery and ongoing wellbeing.
Within veteran-focused programs, Cameron supports physical and psychological recovery by integrating structured exercise with holistic care. He is committed to creating safe, supportive environments where participants can rebuild confidence, improve physical capacity, and develop the tools needed for long-term health and resilience.

Anthony Ton
Physiotherapist

Anthony Ton is an experienced Physiotherapist with over a decade of clinical practice, dedicated to helping individuals move better, feel stronger, and live pain-free. He takes a highly personalised, hands-on approach to treatment, combining evidence-based techniques with a strong focus on each client's individual goals and long-term outcomes.
Working across a broad spectrum of conditions—from acute injuries to chronic pain—Anthony is known for delivering comprehensive, whole-body care that addresses not just symptoms, but underlying causes. His approach integrates rehabilitation, injury prevention, and functional movement to support sustainable recovery and improved performance.

GUEST FACULTY

Our programs are deliberately designed to align with the specific clinical needs and presentation of each Veteran cohort. To support this, we collaborate with an extensive network of highly regarded medical practitioners, allied health professionals, and mental health specialists—ensuring that each program delivers the most relevant, targeted, and evidence-based content.

This flexible, responsive model enables us to draw on a broad and diverse faculty across disciplines including pain management, neurology, orthopaedics, psychiatry, psychology, sports medicine, exercise physiology, and nutrition. While too extensive to list in full, this collective represents the forefront of multidisciplinary care, allowing us to match expertise to the unique needs of each intake group.

Each contributor brings deep specialist knowledge, clinical excellence, and a shared commitment to improving Veteran outcomes. Together, they create a dynamic and collaborative treatment environment where complex presentations are met with precision, integration, and the highest standard of care—ensuring programs that are not only comprehensive, but truly personalised and impactful.

INSIDE THE PROGRAM: A SNAPSHOT OF INTENSIVE CARE

The following schedule provides a high-level snapshot of the VIP Program and is intended as a guide to the structure and intensity of the treatment experience. Each program is carefully tailored to the specific needs of the Veteran cohort, recognising the diverse and often complex nature of presentations. Prior to admission, all participants undergo a comprehensive medical and clinical assessment to determine suitability and inform program design. From this, treatment streams and session content are refined to address both individual needs and shared co-morbidities within the group—ensuring a targeted, relevant, and highly effective therapeutic experience.

Week 1

Day 1

Time	Session				
9.00 am	Your Week Unpacked + Biofeedback Reset				
10.00 am	Restore & Release: Trauma-Informed Stretch and Relax				
10.45 am	Mind Mechanics: How does a Shrink Think				
11.45 am	Connect & Recharge Break				
12.15 pm	Why the Mind Holds On: Trauma Responses After Service				
12.45 pm	Fuel Up & Feel Good Break				
1.45 pm	Creative Pathways to Healing – Art for the Mind & Soul	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist
	Creative Pathways to Healing – Art for the Mind & Soul	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist
	Creative Pathways to Healing – Art for the Mind & Soul	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist
3.15 pm	Nourish & Recharge Break				
4.00 pm	Connect & Reflect: Group Discussion Space				

Day 2

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
9.45 am	Let's Talk About Intimacy: Navigating Sexual Health and Connection After Service				
10.45 am	Connect & Recharge Break				
11.15 am	The Body Remembers: Unlocking Healing Through Somatic Therapy				
11.45 am	Unlocking Better Sleep: Insights into Sleep Disorders and Recovery				
12.15 pm	Food for Mood: Nutrition, Mental Wellbeing & Interactive Cooking Workshop				
1.45 pm	Active Minds: The Mental Health Benefits of Exercise				
2.15 pm	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
3.45 pm	Nourish & Recharge Break				
4.15 pm	Connect & Reflect: Group Discussion Space				

Day 3

Time	Session				
9.00 am	Sound, Mood & Mind: The Benefits of Music Therapy				
10.00 am	Rewriting the Past: Understanding Reconsolidation Therapy				
11.00 am	Connect & Recharge Break				
11:30 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
1.00 pm	Fuel Up & Feel Good Break				
2.00 pm	Mind Matters: Unlocking the Benefits of Psychological Therapies				
2.30 pm	Sound & Silence: Navigating Hearing Loss and Tinnitus				
3.30 pm	Nourish & Recharge Break				
4.00pm	Reel Reflections: Exploring Mental Health Through Film				

Week 1

Day 4

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
10.00 am	Rewriting the Past: Understanding Reconsolidation Therapy				
11.00 am	Connect & Recharge Break				
11:30 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
1.00 pm	Fuel Up & Feel Good Break				
2.00 pm	Informed Choices: Navigating Psychiatric Medications				
2.30 pm	New Frontiers in Healing: Psychedelics, Brain Stimulation & Innovation				
3.00 pm	Nourish & Recharge Break				
3.30 pm	Connect & Reflect: Group Discussion Space				

Day 5

Time	Session		
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation		
9.45 am	The Invisible Wound: Understanding Moral Injury in Military Service		
10.30 am	Connect & Recharge Break		
11:30 am	Resilience Through Relationship: Why Every Veteran Needs a Psychologist	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
	Resilience Through Relationship: Why Every Veteran Needs a Psychologist	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
	Resilience Through Relationship: Why Every Veteran Needs a Psychologist	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
12.30 pm	Beyond the Blast: Understanding Traumatic Brain Injury		
1.00 pm	Fuel Up & Feel Good Break		
2.00 pm	Honouring Service, Embracing Change - Life After Service: Tools for a Strong Transition		
3.00 pm	Nourish & Recharge Break		
3.30 pm	Bringing It All Together: Peer Reflection, Connection & Feedback		

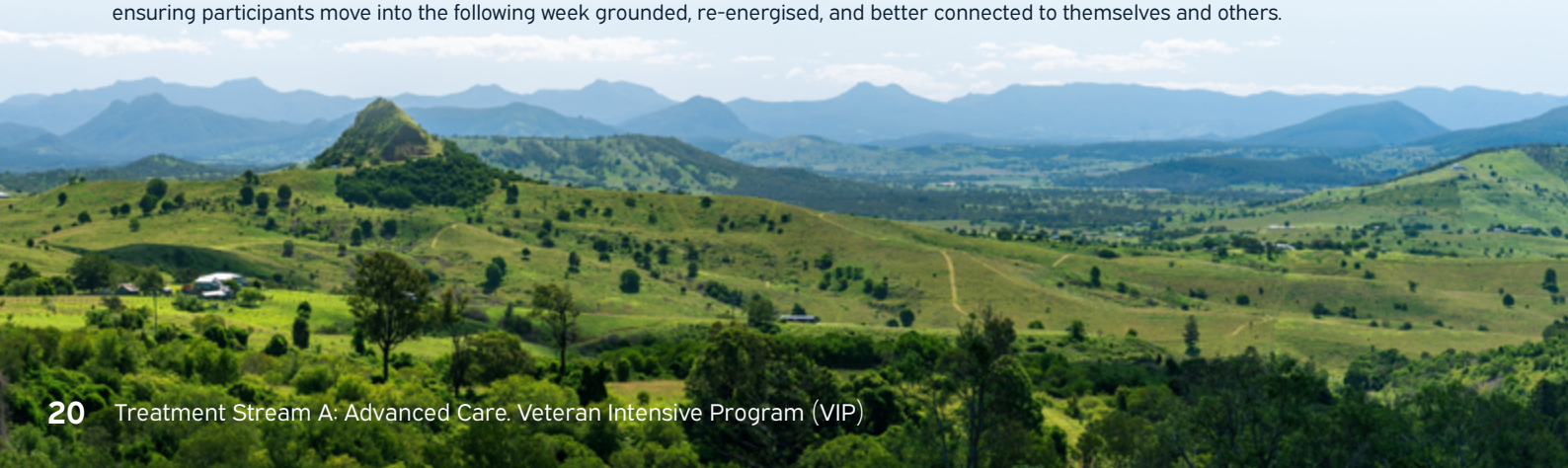
Day 6 and Day 7

RESET, REFLECT, AND RECONNECT

Days 6 and 7 provide a purposeful shift in pace—creating space for participants to consolidate progress, reflect on the week's clinical work, and restore both mental and physical energy. With a lighter clinical schedule, these days are intentionally designed to support integration, allowing key insights and therapeutic gains to be processed more deeply.

Structured team challenges and group-based activities are introduced to encourage connection, collaboration, and shared achievement. These experiences are designed not only to build trust and camaraderie, but to reinforce communication skills, problem-solving, and collective resilience in a supportive environment.

By balancing reflection with meaningful interaction, this phase of the program strengthens both individual insight and group cohesion—ensuring participants move into the following week grounded, re-energised, and better connected to themselves and others.



Week 2

Day 1

Time	Session				
9.00 am	Your Week Unpacked + Biofeedback Reset				
10.00 am	Restore & Release: Trauma-Informed Stretch and Relax				
10.45 am	The Body Remembers: Unlocking Healing Through Somatic Therapy				
11.45 am	Connect & Recharge Break				
12.15 pm	Strong Today, Strong Tomorrow: The Practice of Resilience				
12.45 pm	Fuel Up & Feel Good Break				
1.45 pm	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
3.15 pm	Nourish & Recharge Break				
3.45 pm	Bringing It All Together: Peer Reflection, Connection & Feedback				

Day 2

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
9.45 am	Mind Matters: Unlocking the Benefits of Psychological Therapies				
10.45 am	Connect & Recharge Break				
11.15 am	From Hypervigilance to Healing: The Role of Stellate Ganglion Block				
12.15 pm	Fuel Up & Feel Good Break				
1.15 pm	Step Into the Story: Exploring Healing Through Drama	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Step Into the Story: Exploring Healing Through Drama	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Step Into the Story: Exploring Healing Through Drama	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
2.45 pm	Breaking the Grind: Understanding Bruxism and Oral Health				
3.15 pm	Nourish & Recharge Break				
3.45 pm	Bringing It All Together: Peer Reflection, Connection & Feedback				

Day 3

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
10.00 am	Beyond Traditional Treatment: Ketamine's Role in Veteran Recovery				
11.00 am	Connect & Recharge Break				
11:30 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
1.00 pm	Fuel Up & Feel Good Break				
2.00 pm	Treat the Brain, Change the Outcome				
2.30 pm	Finding Your True North: The Power of a Moral Compass				
3.00 pm	Nourish & Recharge Break				
3.30 pm	Reel Reflections: Exploring Mental Health Through Film				

Week 2

Day 4

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
10.00 am	The Performance Edge: Brain and Body in Sync – the Power of Exercise				
11.00 am	Connect & Recharge Break				
11:30 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
1.00 pm	Fuel Up & Feel Good Break				
2.00 pm	The Art of Connection: Feeling Heard, Valued, and Empowered				
3.00 pm	Nourish & Recharge Break				
3.30 pm	Connect & Reflect: Group Discussion Space				

Day 5

Time	Session		
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation		
9.45 am	Trauma-Focused Interventions: Mechanisms and Outcomes of EMDR & TF-CBT explored		
10.45 am	Connect & Recharge Break		
11:30 am	Your Strongest Ally: The Psychologist–Veteran Connection	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
	Your Strongest Ally: The Psychologist–Veteran Connection	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
	Your Strongest Ally: The Psychologist–Veteran Connection	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
12.45 pm	From Plate to Mind: Nutrition's Role in Mental Wellbeing		
1.15 pm	Fuel Up & Feel Good Break		
2.15 pm	Know It to Control It: Understanding Anxiety		
3.00 pm	Nourish & Recharge Break		
3.30 pm	Bringing It All Together: Peer Reflection, Connection & Feedback		

Day 6 and Day 7

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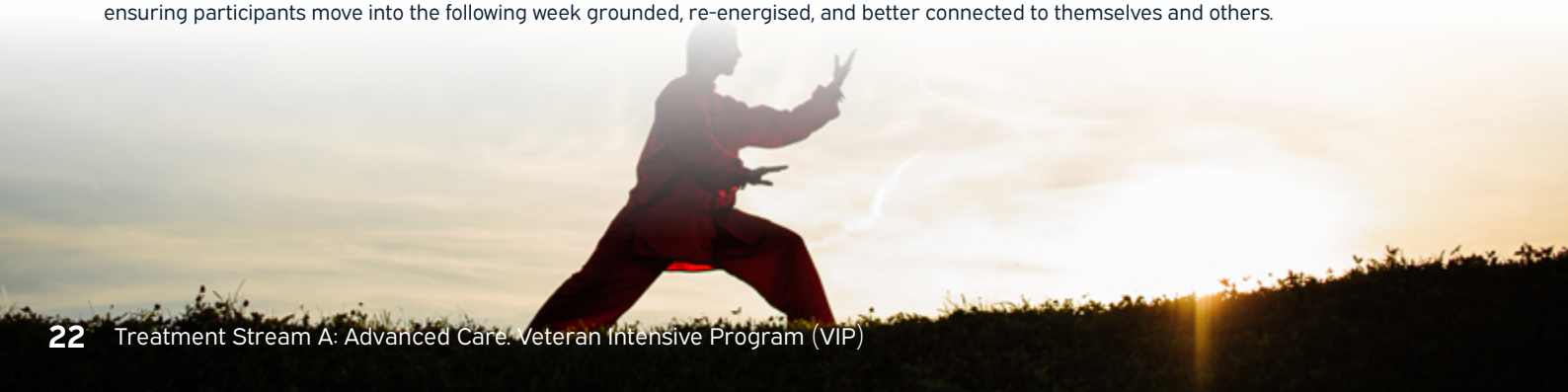

Week 3

Day 1

Time	Session				
9.00 am	Your Week Unpacked + Biofeedback Reset				
10.00 am	Restore & Release: Trauma-Informed Stretch and Relax				
10.45 am	The Body Remembers: Unlocking Healing Through Somatic Therapy				
11.45 am	Connect & Recharge Break				
12.15 pm	Rewriting the Past: Understanding Reconsolidation Therapy				
1.15 pm	Fuel Up & Feel Good Break				
2:15 pm	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
3.45 pm	Nourish & Recharge Break				
4.15 pm	Bringing It All Together: Peer Reflection, Connection & Feedback				

Day 2

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
9.45 am	Mind Matters: Unlocking the Benefits of Psychological Therapies				
10.45 am	Connect & Recharge Break				
11.15 am	Cutting Through the Noise PART 1: From Symptoms to Solutions—Finding the Right Fit in Standard Therapies				
12.15 pm	Fuel Up & Feel Good Break				
1.15 pm	Change the Story, Change the Future - Healing Through Narrative Therapy	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Change the Story, Change the Future - Healing Through Narrative Therapy	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Change the Story, Change the Future - Healing Through Narrative Therapy	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
2.45 pm	Cutting Through the Noise PART 2: From Symptoms to Solutions—Finding the Right Fit in Emerging Therapies				
3.15 pm	Nourish & Recharge Break				
3.45 pm	Connect & Reflect: Group Discussion Space				

Day 3

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
10.00 am	The Stories We Carry: Writing as a Tool for Healing				
11.00 am	Connect & Recharge Break				
11:30 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
1.00 pm	Fuel Up & Feel Good Break				
2.00 pm	"Informed and In Charge: Taking an Active Role in Your Medication				
2.30 pm	Life After Service: Carrying the Load—and Letting It Go				
3.00 pm	Nourish & Flourish Recharge Break				
3.30 pm	Reel Reflections: Exploring Mental Health Through Film				

Week 3

Day 4

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
10.00 am	Know It to Control It: Understanding Depression				
11.00 am	Connect & Recharge Break				
11:30 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
1.00 pm	The Signals You Can't Ignore – What Your Mind and Body are Trying to Tell You				
1.30 pm	Fuel Up & Feel Good Break				
2.30 pm	From Withdrawal to Re-Engagement: Reclaiming Your Life				
3.00 pm	Nourish & Recharge Break				
3.30 pm	Connect & Reflect: Group Discussion Space				

Day 5

Time	Session		
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation		
9.45 am	Mind Matters: Unlocking the Benefits of Psychological Therapies		
10.30 am	Connect & Recharge Break		
11:00 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
12.30 pm	Intergenerational Trauma: Understanding the Impact and the Importance of Early Help		
1.00 pm	Fuel Up & Feel Good Break		
2.00 pm	Beyond the Pain: Finding Ways to Thrive		
3.00 pm	Nourish & Recharge Break		
3.30 pm	Shared Reflections: Preparing for the Final Stretch		

Day 6 and Day 7

RESET, REFLECT, AND RECONNECT

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Week 4

Day 1

Time	Session				
9.00 am	Your Week Unpacked + Biofeedback Reset				
10.00 am	Restore & Release: Trauma-Informed Stretch and Relax				
10.45 am	The Imitators: Conditions That Mimic Anxiety				
11.45 am	Connect & Recharge Break				
12.15 pm	How Therapy Creates Change – Psychological Therapies Recapped				
12.45 pm	Fuel Up & Feel Good Break				
1:30 pm	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
3.00 pm	Nourish & Recharge Break				
3.30 pm	More Than Symptoms: The Human Side of Psychosis				
4.00 pm	Connect & Reflect: Group Discussion Space				

Day 2

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
9.45 am	How Therapy Creates Change – Psycho Therapies Recapped				
10.45 am	Connect & Recharge Break				
11.15 am	The Power of Purpose: Goals, Journaling, and Daily Reflection				
11.45 am	The Imitators: Conditions That Mimic Anxiety				
12.15 pm	Fuel Up & Feel Good Break				
1.15 pm	Change the Story, Change the Future - Healing Through Narrative Therapy	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Change the Story, Change the Future - Healing Through Narrative Therapy	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Change the Story, Change the Future - Healing Through Narrative Therapy	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
2.45 pm	The Impact of Service on Relationships—and the Path Back				
3.30 pm	Nourish & Flourish Recharge Break				
4.00 pm	Bringing It All Together: Peer Reflection, Connection & Feedback				

Day 3

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
10.00 am	Set Yourself Up to Succeed: Small Shifts, Big Outcomes				
11.00 am	Connect & Recharge Break				
11:30 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
1.00 pm	Fuel Up & Feel Good Break				
2.00 pm	The Hidden Epidemic: Why PTSD Affects So Many				
2.30 pm	Nourish & Recharge Break				
3.00pm	Reel Reflections: Exploring Mental Health Through Film				

Week 4

Day 4

Time	Session				
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation				
10.00 am	The Takeaway: What Matters and What Comes Next – PART 1				
11.00 am	Connect & Recharge Break				
11:30 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Your own time to step away, zone out, and recharge
1.00 pm	Fuel Up & Feel Good Break				
2.00 pm	The Takeaway: What Matters and What Comes Next – PART 2				
2.30 pm	The Imitators: Conditions That Mimic Depression				
3.00 pm	Nourish & Recharge Break				
3.30 pm	Connect & Reflect: Group Discussion Space				

Day 5

Time	Session		
9.00 am	Rise & Restore: Trauma-Informed Movement and Preparation		
9.45 am	Let's Talk – Heading Home, Keeping the Gains: Strategies for Life Beyond the Clinic Revisited		
10.30 am	Connect & Recharge Break		
11:00 am	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
	Your own time to step away, zone out, and recharge	Individual Therapy Psychiatrist	Individual Therapy Psychiatrist
12.30 pm	Fuel Up & Feel Good Break		

Day 6 and Day 7

RESET, REFLECT, AND RECONNECT

Days 6 and 7 provide a purposeful shift in pace—creating space for participants to consolidate progress, reflect on the week's clinical work, and restore both mental and physical energy. With a lighter clinical schedule, these days are intentionally designed to support integration, allowing key insights and therapeutic gains to be processed more deeply.

Structured team challenges and group-based activities are introduced to encourage connection, collaboration, and shared achievement. These experiences are designed not only to build trust and camaraderie, but to reinforce communication skills, problem-solving, and collective resilience in a supportive environment.

By balancing reflection with meaningful interaction, this phase of the program strengthens both individual insight and group cohesion—ensuring participants move into the following week grounded, re-energised, and better connected to themselves and others.

Our Evidenced-based Approach

The VIP program is tailored to the individual needs of veterans and military personnel, offering intensive multidisciplinary, intensive, family-focused, holistic, evidence-based treatments using state-of-the-art robotics, AI, VR, gamification in an inclusive nature-based environment treating chronic pain, physical, mobility, mental health, relationship issues.

A substantial and expanding body of evidence supports the efficacy of short-duration, intensive, multidisciplinary treatment programs for improving mental health and quality of life in military personnel and veterans with complex comorbidities. This population commonly presents with co-occurring psychological, neurological, and physical health disorders—including post-traumatic stress disorder (PTSD), major depressive disorder, traumatic brain injury (TBI), and chronic pain—that are often insufficiently managed by fragmented or single-discipline interventions. A 4 week intensive, holistic, and family-inclusive treatment model represents a clinically robust, evidence-based alternative to conventional care.

Multidisciplinary care is recognised as the standard of care for complex veteran presentations. Interdisciplinary pain rehabilitation programs are associated with significant improvements in pain intensity, mood, functional status, and vocational outcomes when care is delivered in a coordinated manner across specialties such as psychology, medicine, physiotherapy, and occupational therapy. Furthermore, clinical practice guidelines from the U.S. Department of Veterans Affairs (VA) and Department of Defense (DoD) emphasise integrated care models for PTSD and chronic pain, highlighting that comorbidities are optimally managed with concurrent, rather than sequential, interventions (VA/DoD, 2022). Neuropsychiatric and neurological involvement is particularly important for veterans with TBI and cognitive impairment, where combined approaches enhance both neurocognitive and emotional outcomes.

Treatment intensity appears to be a key mechanism of change. Intensive programs providing 6 hours of therapy daily over multiple weeks have yielded substantial clinical improvements in PTSD and mood disorders. For instance, intensive outpatient and residential PTSD programs have achieved large effect sizes in symptom reduction, often surpassing outcomes observed with standard weekly interventions. Concentrated treatment formats may facilitate neurobiological adaptation, emotional processing, and behavioural modification through repeated, immersive exposure and are associated with lower attrition rates.

The inclusion of spouses and family members is strongly supported by the literature. Military-related mental health disorders frequently disrupt family dynamics, and unresolved relational distress can impede recovery trajectories. Family-inclusive interventions, such as Cognitive-Behavioral Conjoint Therapy for PTSD, have demonstrated efficacy in reducing PTSD symptomatology and enhancing relationship satisfaction. Broader family systems approaches are associated with improved treatment adherence, social functioning, and sustained clinical outcomes.

A holistic, lifestyle medicine approach further strengthens outcomes. Lifestyle factors—including sleep hygiene, nutrition, physical activity, substance use, and social connectedness—are now established as central determinants of mental health. Interventions addressing these domains have demonstrated efficacy in mitigating depression, anxiety, and comorbid chronic disease. For veterans, structured programs incorporating sleep optimisation, exercise regimens, and nutritional interventions in conjunction with psychological therapies can yield synergistic clinical benefits.

The implementation of multimodal, evidence-based therapeutic approaches is essential given the heterogeneity of clinical presentations among veterans. ***Trauma-focused therapies*** (e.g., Cognitive Processing Therapy, Prolonged Exposure), pain neuroscience education, graded exercise therapy, and cognitive rehabilitation are each strongly supported by empirical literature. The integration of these modalities enables clinicians to address biological, psychological, and social determinants of health concurrently.

Importantly, there is a growing ***emphasis on non-invasive treatment modalities.*** Pharmacological interventions alone frequently afford incomplete symptom relief and may entail significant risks, particularly in populations vulnerable to polypharmacy. Non-invasive approaches such as psychotherapy, physiotherapy, biofeedback, and neuromodulation techniques (e.g.,neurofeedback) represent safer and more sustainable alternatives. Biofeedback and neurofeedback have demonstrated potential in reducing PTSD symptoms, improving emotional regulation, and enhancing cognitive functioning.

Our Evidenced-based Approach

Neuroplasticity-oriented wellness therapies—including music, art, dance/movement therapy, drama therapy, yoga, tai chi, and nature-based mindfulness—are increasingly supported by neuroscientific and clinical research. These interventions activate sensory, motor, affective, and cognitive networks, thereby facilitating adaptive neural reorganisation. For instance, yoga and mindfulness-based interventions have been shown to reduce PTSD and depressive symptoms in veteran populations (Polusny et al., 2015). Tai chi has been linked to improvements in balance, mood, and pain (Wang et al., 2010). Creative arts therapies have demonstrated efficacy in enhancing emotional expression, identity reconstruction, and trauma processing (Kaimal et al., 2016). Nature-based therapies further enhance wellbeing by reducing stress and restoring attention.

There is a rapidly expanding body of evidence supporting the use of robotics, artificial intelligence (AI), virtual reality (VR), and gamification in the rehabilitation of individuals with physical injuries, chronic pain, and mobility impairments. These technologies align with modern neurorehabilitation principles by enhancing neuroplasticity, engagement, and task-specific training.

Robotic rehabilitation systems deliver high-intensity, repetitive, and precisely controlled movement training, which is fundamental for motor relearning. Evidence indicates that robotic devices enhance motor recovery by facilitating consistent, quantifiable practice, reducing therapist workload, and enabling objective monitoring of patient progress. Similarly, sensor-based and robotic technologies have demonstrated the capacity to reduce rehabilitation duration and improve functional outcomes by increasing the efficiency and interactivity of therapeutic sessions.

Artificial intelligence further enhances rehabilitation by enabling personalised, adaptive treatment protocols. AI-driven systems can analyse patient performance data and modify exercises in real time, thereby improving accessibility and supporting remote or home-based rehabilitation. Although the clinical evidence base is still evolving, preliminary studies have demonstrated improvements in physical function, pain, and quality of life, particularly when AI is integrated with wearable or application-based systems.

Virtual reality (VR) possesses one of the most robust evidence bases among emerging rehabilitation technologies. Systematic reviews and meta-analyses indicate that VR-based rehabilitation significantly improves motor outcomes, balance, and functional mobility, with approximately 70% of studies reporting statistically significant clinical benefits. VR also enhances patient engagement through immersive environments, which is critical for treatment adherence. In populations with chronic pain, VR has been shown to reduce pain intensity and kinesiophobia, particularly when integrated with cognitive behavioural interventions.

Gamification—the application of game-like elements such as rewards, progression levels, and feedback—further enhances adherence and motivation, which are significant barriers to effective rehabilitation. Early studies of gamified VR rehabilitation report high usability, increased enjoyment, and sustained engagement, all of which are correlated with improved functional outcomes. These strategies are particularly beneficial in long-term conditions such as chronic pain and neurological disorders, where conventional exercise programs often exhibit low compliance rates.

Importantly, combining these technologies (e.g., robotics with VR and AI) creates multimodal rehabilitation environments that engage multiple sensory and motor systems simultaneously. Such approaches promote neuroplasticity by integrating visual, proprioceptive, and cognitive feedback, thereby enhancing recovery potential. Emerging "virtual rehabilitation" models also show promise for improving both physical and mental functioning in community-based populations.

Robotics, AI, VR, and gamification represent evidence-informed, non-invasive tools that can enhance rehabilitation intensity, personalisation, and engagement.

In combination, these elements—robotics, AI, VR, gamification, multidisciplinary integration, high treatment intensity, family involvement, holistic lifestyle focus, multimodal, evidence-based care, non-invasive approaches, and neuroplasticity-driven therapies—align with contemporary biopsychosocial models of health. While not all components have been studied together in a single protocol, the convergence of evidence across these domains strongly supports the effectiveness of such programs. ***For veterans with complex, chronic conditions, short-term intensive treatment offers a promising pathway to meaningful, sustained improvements in mental health and quality of life.***

Terms & Conditions

At VIP, we are committed to creating a safe, respectful, and supportive environment where every Veteran feels welcome to begin their recovery journey.

Participation in the program requires prior approval through the Department of Veterans' Affairs (DVA), where applicable, and completion of a pre-admission medical assessment to ensure the program is appropriate for your individual needs. Our team is available to assist you throughout this process, including guidance with documentation and coordination with your healthcare providers.

The program is delivered in a fully supported residential setting, with accommodation and meals included. To maintain a safe and therapeutic environment for all participants, VIP operates as a drug and alcohol-free program, with 24/7 clinical and support staff available throughout your stay.

We recognise that taking the first step can feel challenging. All enquiries and participation are treated with the utmost confidentiality, respect, and understanding. Each participant will receive an individualised discharge and follow-up plan to support continued recovery beyond the program, with connections to ongoing care and community-based services.

If you are experiencing challenges related to your mental health, well-being, or transition from service, we strongly encourage you to reach out. Support is available, and you do not need to navigate this alone—our team is here to walk alongside you every step of the way.

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Every veteran who applies through the website will first participate in an initial medical consultation with our team. This important step allows us to take the time to understand each individual's personal experiences, current challenges, health history, and recovery goals.

We place significant importance on ensuring that every veteran is carefully matched with the most appropriate program for their unique needs. Our team works closely with each applicant prior to admission to determine the most suitable level of support, therapeutic approach, and environment to best support their mental health, wellbeing, and long-term recovery outcomes.

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