

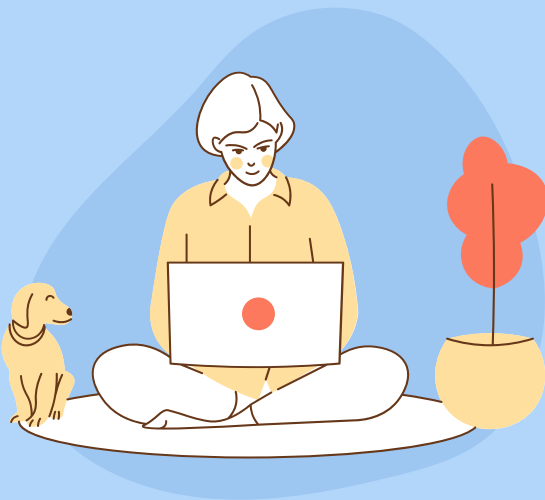
What is Post-Traumatic Stress?

Post-traumatic stress is when people experience intense anxiety, nightmares, and flashbacks about a traumatic event months after it occurred. People with post-traumatic stress avoid reminders of what they went through, but still experience persistent and painful emotions, like anxiety, shame, anger, regret, numbness, or sadness.



An Online Treatment for The Post-Traumatic Stress

Post-traumatic stress can be effectively treated with internet-delivered Cognitive Behaviour Therapy (iCBT). Just like face-to-face therapy, iCBT can teach you strategies for managing the frightening thoughts and feelings that can persist for months after a trauma. iCBT is also accessible from most devices, meaning that you can access treatment at a time and place that suits you.



What does the program involve?

The Post-Traumatic Stress Program by THIS WAY UP is an evidence-based iCBT program. Across six lessons, this program will teach you:



How post-traumatic stress works



How to manage distressing thoughts



How to process trauma memories



How to tackle anxiety-provoking situations



Strategies for staying well in the long-term



We're here to support you on your journey to better mental health. Learn more about the online program for Post-Traumatic stress at thiswayup.org.au