

#1 TAC client success story

Ms Smith was the victim of a motor vehicle accident where she sustained a significant back injury. She wore a back brace for a number of months and was unable work. She suffered Post Traumatic Stress Disorder and Chronic Adjustment Disorder with Mixed Depression and Anxiety. She was unable to drive her car due to significant anxiety; she had isolated herself from friends and family and became significantly depressed. She was in a lot of pain which could only be relieved by pain killers which she relied heavily on.

During the course of her treatment we employed various strategies to assist her to overcome her fear of driving, combat her negative thoughts and obsessive thinking, manage her frustration and anger, rebuild her self esteem and confidence, manage her pain and learn how to ask for help.

Though she still experiences pain on a daily basis (albeit to a lesser degree) Ms Smith is now free of her back brace, relies less on pain killers, she has found a new job and is working full time and is able to drive herself to most places. She has made significant improvement in her psychological and overall functioning. She is better able to deal with her negative thoughts, has regained her self confidence and is able to combat her anxiety by implementing some of the relaxation strategies she was taught.

#2 WorkCover client success story

Mr. Thompson was the victim of bullying and harassment at work. He had been physically assaulted at work on two occasions by a fellow worker and on the third occasion was badly injured that he had to report the matter to management. They failed to deal with the matter appropriately and he reported the incident to the police. He was fired shortly thereafter. He was feeling angry, was having nightmares, thoughts of revenge and had lost all of his confidence, not to mention his livelihood. He was worried about his future and how he would support his family.

The psychological treatment he received helped him deal with his anger and frustration and manage his depression. He learnt how to assert himself and he felt strong enough to deal with the unfair dismissal. Following this he found another job which he enjoys and has regained his self confidence. He is enjoying time with his children and feels secure that he can provide for and support his family.