



# Heartwood Recovery PTSD Program

---

## 2019 DATES

HUNTER  
February & September

---

SYDNEY  
April

---

CENTRAL COAST  
May

---

*“I’ve learnt a lot about PTSD, things I knew nothing about. It’s made a big difference”*

---

## PROGRAM APPLICATION

To start the process please complete and submit an Expression of Interest.

We will then notify you of the next step and funding availability through your insurer.

---

## Gaining better mental health through guitar building

This innovative program supports PTSD sufferers to gain new skills and knowledge through the experience of guitar building combined with practical workshops to better understand and manage post-traumatic stress and anxiety.

The program is built on the clinical experience of Dr Greg Peck, who combines his experience in managing PTSD patients towards recovery, with his clinical experience into the impact of PTSD on the brain and nervous system. The program aims for participants include, to:

- Gain a greater understanding of the symptoms of PTSD
- Experience a sense of mindfulness
- Create a personal vision to sustain recovery in the future.

## Guitar Building and Workshops

The 12-week psychosocial program consists of 40 hours of guitar building lessons, including the cost of materials, within a professional guitar building school. Participants are immersed in the process of doing one thing, at one time while enjoying the associated sights, sounds and smells of woodworking.

Combined with 6 workshops in which Dr Peck shares the latest research on what is PTSD, its impacts and management. The workshops are intended to be interactive and participants are encouraged to ask questions and share their insights.

### Program Results:

- 100% enjoyed the program and would strongly recommend the program to others
- 100% attended the educational workshops
- 82% achieved the benefits of mindfulness

For more information contact [jane@heartwoodrecovery.com.au](mailto:jane@heartwoodrecovery.com.au)

We build a safe and enjoyable way for people to do different, to be different!