



## **Overview of Trauma Recovery and Growth Programs**

Dr Mathew Samuel, Consultant Psychiatrist, has over 20-years' experience running Trauma Recovery and Growth Programs at Hollywood Clinic Perth WA. Most of this time as Clinical Lead. Ms Nina Formentin, Senior Psychologist, has 20 years' experience working with trauma survivors and coordinating Trauma Recovery programs. The Managing Director, has overseen the successful accreditation process for the Hollywood Clinic Trauma Recovery Programs over the past 20-years, worked closely with Phoenix Australia/ Centre for Posttraumatic Mental Health and Department of Veteran Affairs (DVA) to keep current treatment programs and processes in line with the latest evidence-based practices.

Over the past 20-years, we have led the changes in the Trauma programs at the Hollywood Clinic which have often been adopted by other DVA Trauma Programs. In 2006 we changed from Vietnam Veteran focused PTSD programs to Trauma Recovery & Growth programs for younger veterans and Peace Keeping/Peace making veterans. In 2012 we worked to include Moral Wounding and the need to focus on values & beliefs, moral compass and how we see the world, into our treatment programs.

Our insight and expertise into understanding the changing needs of those who serve our communities led to the development of an intensive 4-week Trauma Recovery and Growth Program for First Responders and other uniformed personnel. This program has delivered outstanding results with significant improvements on all measures, that Phoenix currently uses to assess the DVA TRP programs. In March 2021 we commenced running this program for the WA Police (WAPOL), Department of Fire and Emergency Services (DFES), DVA Veterans, and Insurance Commission of WA Approved Claims (ICWA).

Following our success with the First Responders and Veteran Programs we commenced addressing the current shortfalls in treatment options in WA for workers compensation/ third-party insurance, mining industry, and government workers, who have failed most conventional treatments, medication, in-patient admission, and individual psychological interventions.

### **The program consists of:**

20 days group work between 9.00am - 3.00pm Monday to Friday with oversight of consulting psychiatrist.

4 individual trauma focussed therapy sessions.

1 x 5-hour-day for relapse prevention, 4 weeks after the program completion.

2 x follow-up assessments at 1-month and 3-months post program completion.

2 x 3-hour Partners and Significant Others information and support evenings.

Thorough intake assessments and discharge reports by both Clinical Lead, Dr Mathew Samuel and Senior Psychologist, Ms Nina Formentin.

All catering, stationary, workbooks and manuals supplied.

### **Venue:**

WA Centre for Trauma Treatment and Research: Suite 5, 18 Stirling Highway, Nedlands, 6009 WA.

### **Therapy Team:**

Clinical Lead, Consultant Psychiatrist Dr Mathew Samuel

Ms Nina Formentin, Senior Psychologist, 20-years trauma therapy experience

Mr Dylan Meldrum, Psychologist

Ms Holly Pearce, Accredited Mental Health Social Worker

Ms Jess Wilson, Qualified Nutritionist and Wellness expert

Ms Chelsea Rindel, Exercise Physiologist

Ms Ingrid Paxton, Administration

### **Please contact:**

[admin@ptsdwa.com.au](mailto:admin@ptsdwa.com.au) [admin@1985hollywood.com.au](mailto:admin@1985hollywood.com.au)

# Meet the team...

Nina Formentin is a registered psychologist with extensive experience spanning over 20 years. Nina has been dedicated to helping individuals of all ages cope with trauma and abuse. Her educational background includes a Bachelor of Psychology and a Bachelor of Arts in Early Childhood Education, complemented by specialized training, with an Australian Childhood Foundation Vocational Graduate Certificate in Developmental Trauma.

Currently, Nina runs her private practice *Healing: Trauma Recovery and Consultancy Services (TRaCS)*, specialising in the treatment of Post Traumatic Stress Disorder (PTSD) among First Responders and Military Personnel. Nina also collaborates with the W.A. Centre for Trauma Treatment and Research, conducting assessments and facilitating group Trauma Programs.

Nina's prior employment at Parkerville Children and Youth Care (Inc.), saw her managing youth residential services, offered case management, and served as a treating psychologist for trauma-related services. Her expertise spans various psychological concerns, including trauma, anxiety, mood disorders, personality disorders, and more. Nina employs evidence-based therapeutic interventions and holds specialized training in therapies like Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR). Her unwavering commitment to improving the lives of trauma survivors is evident throughout her career.



Dylan Meldrum is a registered Psychologist and a seasoned Paramedic, with a wealth of experience in both fields. He holds a Bachelor of Science in Psychology with Honours and is also a Registered Paramedic with a Bachelor of Science in Paramedicine. Establishing his Private Practice *Frontline Psychology* Dylan primarily provides psychological assessment and intervention for Military Personnel and First Responder cohorts, including Police Officers, Paramedics and Communications Officers, DFES Staff, Motor Vehicle Injury and Retired Police Officers.

Currently, Dylan works as a dedicated Counsellor/Psychologist at the Sexual Assault Resource Centre (SARC), providing psychological support and crisis intervention for survivors of sexual assault and childhood sexual abuse. He employs a range of therapeutic modalities, including Schema Therapy and EMDR for Trauma Processing, collaborating closely with external agencies and the SARC Medical Team.

Dylan's career exemplifies his dedication to providing essential mental health support, while leveraging his paramedic background to offer valuable insights and care.



Meet Holly Pearce, an Accredited Mental Health Social Worker operating her Private Practice Think Clear Psychology and delivering mental health services to individuals impacted by trauma. Holly has been formally assessed by the Australian Association of Social Workers (AASW) as having specific expertise, skills, and sufficient experience in the provision of mental health services.

With a passion for helping others, Holly obtained her master's degree in social work in the UK and has been supporting individuals and families impacted by trauma since she immigrated to Australia in 2012.

Holly is trained in Cognitive Behavioural Therapy and EMDR and works collaboratively with clients to empower them on their journey towards healing. Through evidence-based therapeutic interventions, Holly empowers clients to develop coping strategies, build resilience, and improve their overall mental health.



Jess Wilson is a globally acclaimed Speaker, Functional Nutritionist, and Gut and Hormone Practitioner whose mission is to inspire people to live vibrant and healthy lives. Her journey began when her children fell seriously ill, and she faced a grueling four-year battle within the medical system to restore their health. Determined and fueled by her belief in finding solutions, Jess turned to the healing power of nutrition, experiencing a profound transformation in her family's well-being.

Today, Jess is a Keynote Speaker, Functional Nutritionist, and Gut and Hormone Practitioner, known for her ability to help individuals rebuild their health and rediscover happiness. She runs a thriving practice, both online and in Perth, WA, and travels to speak at various events, including corporate gatherings.

Jess's work extends to podcasts and platforms where she shares her message of wellness and resilience. She has also collaborated with major companies like Fortescue Metals on corporate health initiatives and represented respected health brands as an ambassador.

