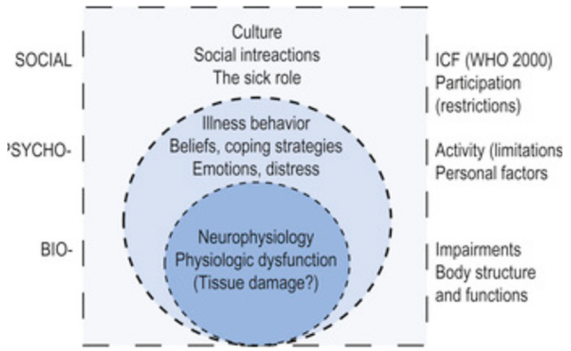
Healing from Work Injuries:
Improving Mental Health & Supporting Your Recovery with a WorkCover Psychologist

Work-related injuries don't just affect your physical health, they impact your mental well-being too. Whether you're recovering from a physical injury or dealing with workplace stress, specialised psychological support plays a key role in ensuring a faster recovery and a successful return to work.

How WorkCover-Specific-Therapy Can Help with Work Injuries:

1. Comprehensive approach

As a Psychologist specialising in WorkCover therapy techniques (NSW and QLD), I use a **Biopsychosocial Approach** to help you recover both physically and mentally. This approach recognises that your physical health, mental health, and social factors (like your work environment and personal life) all influence your recovery journey.



2. Support for Physical Injury Claims:

If you've suffered a physical injury at work, it's not just your body that needs attention. Psychological risk factors like anxiety, stress, or poor coping skills can significantly delay recovery and prolong pain. These barriers require specialised psychological interventions as part of return to work plans. It is best not to wait for support as early intervention with psychological support can help you reduce the risk of chronic pain, and speed up your recovery process.

3. Addressing Workplace Psychological Injuries:

For psychological injuries, such as stress, anxiety, or depression related to work, psychological therapy can be critical for recovery. I offer tailored treatment plans aimed at reducing the impact of your injury and supporting your return to work to optimal capacity. This might include adjustments to your duties (different duties), or depending on your unique situation, even a career change with vocational retraining recommendations (different employer or different industry).

Barriers to recovery p.2 Benefits of Intervening early p.3

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Psychologists can also help identify barriers to recovery

Workplace injuries are complex, and psychological or external factors often play a significant role in how well and how quickly you recover. Early identification of these factors—referred to as **psychosocial flags—**is essential for successful treatment and preventing long-term disability.

Psychosocial risks flags are indicators that help identify barriers to your recovery. They include mental health challenges like anxiety, fear of re-injury, or catastrophizing, which may hinder your progress. Identifying these early allows me to design targeted interventions that help you get back to work as quickly and safely as possible:

Flag	Nature	Examples
Red	Signs of serious pathology	Fracture, tumour, sudden weight loss, previous history of cancer, etc
Orange	**Psychiatric symptoms => referral to Mental Health specialists**	Clinical depression, major personality disorders, post-traumatic stress disorders, drug and alcohol abuse, etc
Yellow	Beliefs, appraisals and judgements	Unhelpful beliefs about pain.Expectations of poor treatment outcome, delayed return to work.
	Emotional Responses	Distress, worry, fears, anxiety.
	Pain behaviour (including pain and coping strategies)	Avoidance of activities due to pain and fear of possible re-injury.Over-reliance on passive treatments.
Blue	Perceptions about the relationship between work and health	Belief re work being too stressful, unsupportive colleagues, job satisfaction
Black	System or contextual obstacles	Legislation, Insurer, family complications.Heavy work, with no suitable duties.

Key Questions to Assess the Trajectory of Your Recovery

These are some of the questions useful to assess potential psychological barriers/Flags to recovery (from Tackling MSDs, Kendall & Burton 2009):

- What do you think caused your injury?
- How do you feel about your recovery progress?
- How are you coping with your situation right now?
- Do you feel this is affecting your mood or stress levels?
- What are your thoughts on returning to work? What kind of support do you need?

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The Importance of Early Intervention and Not Waiting for Support

In all Workcover return to work plans, it is important to address psychological factors as soon as possible. Research shows that early psychological support can prevent delayed recovery and future disability. Unfortunately, many people are not referred for psychological support until months after their injury. The sooner you get help, the better the chances of a successful recovery.

How I Can Help Injured Workers:

- **Expertise in Recovery and WorkCover Rehabilitatio**n to help focus sessions and achieve return to work goals successfully, using an integrated care approach with your Doctor and Case Managers.
- **Personalised Recovery Treatment Plans** aimed at improving mental health and supporting a safe return to work within your capacity, allowing you to get back to doing the things you love sooner.
- **Whole-Person Recovery approach** connecting mind, body and life goals -even including the use of eco-psychology or nutrition education holistic perspectives-.
- C**omprehensive Psychological Assessments** to identify psychological risks early, accelerating recovery prognosis.
- **Targeted Interventions to address barriers to recovery** (e.g. anxiety, stress, poor coping strategies, external stressors, etc.), using motivation techniques and turning pain into progress!
- **Understanding and advocating for Vocational Support** if you need assistance with returning to work by transitioning to a new role.
- **Stress-Free Appointment and Sessions process** with online systems and Telehealth sessions!

Take the First Step Towards Recovery Today

If you've been injured at work, don't wait to seek the psychological support you need. Early intervention can make all the difference in your recovery journey. Discuss your needs with your Doctor and Workcover Case Manager, so you can book an appointment to begin your path to healing, better mental health, and a successful return to work.

Sandy Ogier, Psychologist



Book Your Appointment Now and start seeing results!

www.psych-ed.com.au

(include your Workcover Case Number and insurer approval)

info@psych-ed.com.au *Fax: 07 56074123*
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