

Recovery Circle™

Supporting recovery beyond the therapy room

Recovery doesn't only happen in therapy sessions.

It happens at home, in conversations with loved ones, and in everyday interactions at work. Even when treatment is appropriate and progressing, recovery can slow when uncertainty, pressure, or mixed messages build around the injured worker.

Recovery Circle™ was developed in response to these real-world challenges — where everyone wants to help, but no one wants to make things worse.

What is Recovery Circle™?

Recovery Circle™ is a **brief, structured recovery support** that complements psychological treatment by helping the people around an injured worker understand what recovery actually needs — and how to support it without adding pressure.

It is:

- non-clinical
- psychoeducational
- time-limited
- delivered separately to key support people

Recovery Circle™ is:

- not therapy
- not case management
- not performance management
- not a replacement for clinical treatment

It works alongside existing treatment and rehabilitation supports.

What's included

Family / Support Person Briefing (30 minutes)

Delivered to one nominated support person (e.g. partner or family member). Focuses on understanding recovery, reducing unintentional pressure, and supporting wellbeing for both the worker and their support person.

Leader / Supervisor Briefing (30 minutes)

Delivered to the worker's direct supervisor or RTW coordinator. Focuses on communication, expectations, boundaries, and how to support recovery without escalating stress.

Sessions are delivered separately and do not involve sharing the worker's clinical information.

When is Recovery Circle™ recommended?

Recovery Circle™ may be recommended when:

- recovery feels fragile or stalled
- family stress is increasing
- leaders feel unsure how to support
- psychosocial risks are emerging
- return-to-work efforts lack consistency

It is often most effective when offered early, or when pressures around the worker are escalating.

Delivery

- Telehealth
- Typically completed within 2–3 weeks
- Requires informed consent from the injured worker

Indicative cost (insurer-funded)

\$260–\$280 (ex GST)

One provider • One invoice • Time-limited support

Recovery Circle™ complements psychological treatment and supports sustainable recovery and return to work.