

Media Release

22 February 2012

## Powerful new program creates positive perspective for Queenslanders with spinal cord injuries

**Photo & filming opportunity:**

**What:** Launch of free workshops for Queenslanders with spinal cord injuries

**When:** Next Tuesday, 28 February

**Time:** 1pm-1.30pm; 2.15pm; or 3.15pm

**Where:** Spinal Injuries Association  
Level 1, 109 Logan Road, Woolloongabba

An innovative program that helps people with spinal cord injury overcome the associated emotional challenges is now available in Queensland thanks to a partnership between the Spinal Injuries Association and nib foundation.

*Discovering the Power in Me* (DPM), was developed by The Pacific Institute in Canada and features practical tools and techniques focused on helping people with a spinal cord injury deal with the emotional and mental ramifications of the trauma.

Spinal Injuries Association Chief Executive Officer, Bruce Milligan, said people who sustained a spinal cord injury had their lives changed in a split second, without warning or a chance to prepare.

“Aside from the obvious physical challenges, the mental struggle of re-evaluating their entire lives and sense of self is incredibly difficult,” Bruce said.

“Very little assistance is available to support people with this side of recovery, which is why our organisation was so keen to learn and deliver the DPM program.

“DPM’s prime aim is on creating a mindset that encourages creative solutions and focuses on what can be achieved, rather than what has been lost,” he added.

John Morgan was one of the first Australians to take part in DPM, after hitting rock bottom following an accident that left him with paraplegia.

The Gold Coast father-of-two said the program completely changed his life, providing salvation from a self-destructive decline he was desperate to get out of.

“When you’re first injured and told you’ll never walk again, its soul destroying,” John said.

“Ironically, when you need it the most there’s little support for your emotional state of mind.

“DPM pulled me through that dark time and now every day I check-in with my thoughts, which helps me to stay positive and calm,” he added.

nib foundation Chairman, Terry Lawler, said the foundation funded the program following resounding success of pilot workshops last year.

“By better understanding how the human mind works and how current beliefs and attitudes shape expectations for the future, DPM program participants learn they are in control of the way they think, and can use that power to change the way they live their lives,” Mr Lawler said.

“We are proud to assist the Spinal Injuries Association bring this unique program to Queensland residents and help them make significant improvements to their overall health and wellbeing.”

The inaugural free workshop will be held next Monday, 27 February and Tuesday, 28 February at the Association’s Brisbane office. Five additional workshops will be held throughout the state during the year.

For more information about the Discovering the Power in Me workshops visit [www.spinal.com.au](http://www.spinal.com.au).

– ENDS –

**For more information contact:**

**Megan Illmer**  
Senior Communications Coordinator  
Spinal Injuries Association  
(07) 3435 3119 or 0419 777 125  
[millmer@spinal.com.au](mailto:millmer@spinal.com.au)

**Renea Murphy**  
Communications Officer  
nib foundation  
(02) 4914 1739 or 0402 376 835  
[r.murphy@nib.com.au](mailto:r.murphy@nib.com.au)

---

**BRISBANE**

Tel 07 3391 2044 109 Logan Rd, Woolloongabba Q 4102  
Fax 07 3391 2088 PO Box 5651, West End Qld 4101  
Email [enquiries@spinal.com.au](mailto:enquiries@spinal.com.au)

ARBN 052 413 528

**TOWNSVILLE**

Tel 07 4755 1755 488 Ross River Rd, Townsville Q 4814  
Fax 07 4723 8677 PO Box 618, Aitkenvale BC Qld 4814  
Email [nenquiries@spinal.com.au](mailto:nenquiries@spinal.com.au)

[www.spinal.com.au](http://www.spinal.com.au)

ABN 39 293 063 049