

# Addictive Disorders

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

## Who is the program for?

People diagnosed with substance relative and addictive disorders and want to learn and expand their knowledge and skills towards abstinence based recovery in a supportive atmosphere. This program may be useful in addressing individual clinical needs.

## Program content

- Communication and assertiveness training
- Managing thoughts and feelings
- Building trust in relationships
- Relaxation and recreation
- Relapse triggers and coping mechanisms
- Relapse prevention

## When is it held?

Fridays 9.00am-2.45pm

## About the program

This program is abstinence based and includes a more psychodynamic approach. The morning session is dedicated to exploring issues that have arisen during the week, while the afternoon session focuses on the skills needed to maintain recovery and lessen relapse.

## How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Currumbin Clinic.

Referral form can be found at:

<https://currumbinclinic.com.au/doctors/gp-specialist-admission-referral-form>

## How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Currumbin Clinic