

# 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

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**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.

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**When is it held?**

Every Friday for eight weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

8:30am - 9:00am	Registration and sign in
9:00am - 2:30pm	Group program
2:30pm - 3:30pm	Facilitated relaxation session

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**How to join**

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

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**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.

Currumbin  
Clinic