

# Addictions (In Recovery)

A weekly post-intensive program to explore and manage underlying factors related to addiction

## Who is the program for?

This is a long term recovery program for individuals who have experienced complex, chronic substance dependence and are in recovery from their addiction.

## Program content

- Developmental origins of addiction
- Core-beliefs associated with addiction
- The role of guilt and shame in addiction
- Assertiveness training
- Addressing the stigma associated with addiction
- Building support networks
- Maintaining motivation around abstinence
- Urge management strategies
- Take-home manual

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### About the program

Based on psychodynamic and interpersonal psychotherapy principles, participants are encouraged to explore and gain self awareness around their own unique core self-beliefs, triggers and both individual and relationship aspects which underlie their addiction and substance dependence. Participants are encouraged to focus on building strengths which will aid in their goals toward harm minimisation or abstinence, in addition to addressing potential deficits which inhibit their recovery.

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### When is it held?

Every Tuesday from 9:30am until 12:45pm. Morning tea is provided.

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### How to join

If you are interested in attending this program you will need to discuss this with an Abbotsford Psychiatry or Cambridge Clinic admitting doctor who will assess your suitability and if appropriate, provide a referral.

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### How much does it cost?

You will be admitted as a day patient and as such, can claim it via your health fund. All funds have different rules. Please check with our Day Patient Coordinator, who will advise if any out-of-pocket excess or gap costs are applicable to you.

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Abbotsford  
Private Hospital

Day Patient Coordinator  
61-69 Cambridge Street, West Leederville WA 6007  
T: 0438 686 540 F: 08 9381 7681  
E: [abf.psc@healthcare.com.au](mailto:abf.psc@healthcare.com.au) / [abbotsfordhospital.com.au](http://abbotsfordhospital.com.au)

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