

Addictions Intensive

A two week intensive day therapy program

Who is the program for?

Individuals recovering from addiction, usually alcohol and/or other substances, but also other problematic addictive behaviours

Program content

- The origins of substance dependency
- Maintaining factors of substance use
- Urge management skills
- Skills to manage difficult emotions
- Emotional resilience
- Maintenance strategies for recovery
- Relapse prevention strategies

About the program

Participants develop a greater understanding of the origins of their addictions, maintaining factors and ways to manage more effectively. Utilising an integrated psychological approach which includes emotion-focused, cognitive behavioural, mindfulness and body-oriented strategies, the program provides a safe and supportive space for recovery. The goals of this program are to provide the resources to enable patients to remain sober or control their addiction so it no longer interferes with their normal functioning in life. There is a strong focus on relapse prevention planning which includes transitioning into the 1 day per week day programs and other external supports.

When is it held?

This closed group is held from 9:30am until 3:45pm, Monday to Friday for two weeks and runs on a four weekly rotation. Morning tea, lunch and afternoon tea is provided.

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.

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.

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@healthecare.com.au / abbotsfordhospital.com.au

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