

Alcohol Dependency

Alcohol dependency covers alcoholism, alcohol abuse, alcohol addiction, problem drinking and binge drinking. Whatever name we prefer to call it isn't the important thing. Recognising and responding to it is.

Because alcohol is legal in Australia and so firmly entrenched in our culture, many people whose drinking is getting out of hand have a hard time admitting they have a problem.

For some of us, drinking will complicate our lives. It will evolve from being a purely social or relaxing activity into something that unbalances our lives, eroding our confidence, ambition and self-respect. Left untreated, an alcohol dependency can cost us our jobs, our family and friends, and ultimately our health.

Some signs of alcohol dependency or abuse

When you're not drinking, how many of these symptoms do you experience?

- Tremors
- Headaches
- Nausea
- Insomnia
- Anxiety at facing a social situation without a drink
- Arguments with family members about drinking
- Daily life is unmanageable
- Difficulty in managing feelings
- Inability to control your behaviour

In the same way that the problem of alcohol dependency is often not recognised, the effort it takes to stop drinking and recover from this addiction is often trivialised.

Some people believe alcoholics lack will-power and only need to stop drinking for a few weeks in order to sober up. The truth is, alcoholism is an illness. But there is hope. Like so many illnesses, it can be successfully treated and managed.

Factors that contribute to alcohol addiction include:

- your situation at work or home
- personal relationships
- hurtful or traumatic experiences from the past
- your medical and / or family history



SOUTH PACIFIC PRIVATE
Australia's Leading Treatment Centre

South Pacific Private's approach to treating alcohol dependency

Breaking alcohol dependency is easier when the underlying causes and environmental factors surrounding your alcohol abuse are identified and treated together with the drinking itself. However, the nature of many treatment programs tend to discourage this more wholistic approach. South Pacific Private is an exception.

Our programs can help people experiencing alcohol-related problems, including:

- alcohol addiction or alcohol dependency
- binge drinking or drinking to excess
- physical or emotional side effects related to withdrawing or detoxing from alcohol

Benefits of our treatment programs

Each of our programs is designed to help you learn how to:

- explore your issues around alcohol and understand why you feel the way you do
- identify the behaviours and personal beliefs that are complicating your life
- communicate better and improve the important relationships in your life
- gain perspective on family dynamics
- cope better with anxiety or distress
- practice mindfulness: the self-awareness of your thoughts, feelings and physical wellbeing
- be better at understanding your thought processes, to recognise and correct distortions in your thinking and to change debilitating personal beliefs

Key things to remember

- Breaking a dependency on alcohol is more likely to be successful when treatment takes into account the whole person. Their current physical and emotional wellbeing should be considered in light of their wider life, routines and relationships. This approach is taken by all South Pacific Private treatment programs
- Withdrawing from alcohol can be dangerous. For this reason, it is important for detox to be professionally supervised (at the very least, please consult a medical professional before attempting to go 'cold-turkey')

For treatment options, other resources, or a complimentary assessment

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