

Day and Evening Programs



SOUTH PACIFIC PRIVATE

Australia's Leading Treatment Centre

www.southpacificprivate.com.au

Support your recovery with a day or evening program at South Pacific Private.

These programs are designed to add strength, knowledge and tools to the way that you live your life. We're here to support you in your recovery.

One of the many benefits of attending a day or evening program is that they are designed to be available for people with commitments such as family, study or work. Our day and evening programs generally run for 7, 10 or 12 weeks – but just one day or evening per week. A brief assessment will assist us in ensuring we support you into just the right program for you.

This leaflet provides an introduction to the full range of day and evening programs available at South Pacific Private. If you have further questions or would like more information please contact our Intake team on 1800 063 332 or email info@southpacificprivate.com.au

Transition Day and/or Evening Program

Seven sessions, one day or evening a week

Open group and non-residential

This program supports you in your transition from the structured therapeutic environment of SPP as you re-engage with your home and work environments.

This program is an integral part of treatment as it is an opportunity to address issues as they arise, and focuses on reinforcing the skills you learned during your inpatient treatment.

Program content includes:

- Implementing your Continuing Care Plan
- Establishing a day-to-day structure
- Managing the challenges of work/family etc.
- Goal setting & problem solving
- Establishing a 12-step recovery program

Life Skills Program

Ten Sessions, one day a week

Open group and non-residential

This program focuses on supporting you to develop life skills which you may not have had the opportunity to learn when growing up. It is comprised of 3 modules each imparting a range of practical living skills for anyone who is experiencing fluctuating moods and emotions, problematic relationships, low self-esteem and impulsive and/or self-harming behaviours. The program covers: mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness.

Program content includes:

- Developing mindfulness skills
- Learning to tolerate emotional distress
- Improving ability to manage emotions
- Establishing interpersonal skills

Life Skills 2 Program

Twelve Sessions, one evening a week

Closed group and non-residential

This program supports clients with relationship concerns and the habits and patterns of behaviour within relationships. Clients attending this evening program will be supported to move beyond their childhood trauma and it will provide insights for dealing with the fundamental problems arising from this trauma and the impacting behaviours within their relationships.

Program content includes:

- Working on all the primary symptoms of the Developmental Immaturity model
- Establishing better boundaries and becoming clearer with own personal Identities
- Exploring needs and wants and learning to meet them functionally and moderately
- Focusing on relationship with self and consequently relationships with others
- Improving ability to regulate inner world and also making outer world more than bearable and representing a life better than ever known
- Building self-esteem

Changes 2 Program:

Five Sessions over five consecutive days

Closed group and non-residential

This program supports clients to address concerns they are experiencing in their adult life which may be a direct result of their childhood trauma. It takes participants through an intensive experiential process where they explore current problems and the underlying issues, with the aim of creating positive change. The program reviews the SPP model, introduces some new concepts and skills, and reinforces the principles of recovery.

Program content includes:

- Reviewing Functional Adult behaviours
- Exploring current issues in the context of underlying developmental trauma
- Developing a revised Continuing Care plan

Mastering Moods Program

Ten Sessions, one day per week

Open group and non-residential

This program explores depression and anxiety, and introduces coping skills to manage moods, and supports people in developing a renewed sense of competence & confidence in daily life.

Program content includes:

- Managing depression & anxiety symptoms
- Identifying and challenging unhelpful thinking styles
- Establishing a balanced lifestyle
- Building resilience & improving motivation
- Maintaining recovery



Complex PTSD Program

Ten sessions, one day a week

Open group and non-residential

The PTSD program is a specialist program designed to provide support, education, and skill development for anyone with PTSD and trauma-related conditions.

Program content includes:

- Managing PTSD symptoms
- Developing skills to manage triggers
- Developing self-soothing skills
- Maintaining recovery

Relapse Prevention Program

Ten Sessions, one evening a week

Open group and non-residential

This program supports clients to maintain abstinence and develop a strong foundation in recovery.

It will support you through your first 3 months of recovery from addictions after the Inpatient Program. It will also help you to develop an understanding of the stages of recovery, common triggers and how you can manage them.

Program content includes:

- Reviewing Step 1
- Developing skills to manage triggers and cravings
- Identifying high risk situations & warning signs
- Establishing a 12-Step recovery program
- Dealing with a lapse / relapse



Family Program

Four Sessions, over 4 consecutive days

Closed group and non-residential

This program supports clients and their families in establishing functional relationships with family members.

This 4 day program directly supports family relationship concerns and the habits and patterns of behaviour within those relationships. Through a series of psych-educational lectures, structured exercises and guided discussions, clients and their family members attending this program will be supported in exploring challenging family concerns that may not have been addressed effectively within the family in the past.

During Family Program, attendees participate in exercises that teach listening, communication and conflict resolution skills in a safe environment.

Program content includes:

- Gaining an understanding of family systems / family roles
- Learning and practicing communication techniques
- Group learning about family relational dynamics
- Conflict resolution skills
- Developing a functional plan for moving forward

Family involvement is strongly encouraged and is a cornerstone of all our programs.

Family Education & Support Group

Four sessions, one evening a week

Open group and non-residential

(Private one day sessions also available – please enquire)

South Pacific Private's Family Education and Support is designed to meet the needs of the family and friends of someone struggling with addictions and/ or mood disorders.

Program content includes:

- An overview of the South Pacific Private model
- Effective Boundaries
- Enabling behaviours
- Sharing your reality
- Other methods of support

Family involvement is strongly encouraged and is a cornerstone of all our programs.


Sign up now if you wish to attend a day or evening program at SPP. It may help you to change the way you think, feel and act.

We Offer

- Complimentary and confidential assessments 7 days a week
- 24/7 enquiry call response
- Day and evening programs tailored to your needs, in addition to our inpatient program

All programs are designed, facilitated and supervised by a multi-disciplinary team of psychiatrists, psychologists, GPs, registered nurses, psychotherapists and counsellors in a safe environment.

Call **1800 063 332** or email **info@southpacificprivate.com.au**



“Sometimes
the hardest
thing is asking
for help.”

We are here to help

www.southpacificprivate.com.au

South Pacific Private is a Treatment Centre specialising in the integrated medical, psychiatric and psychotherapeutic treatment of mental health concerns and addictions. South Pacific Private has specialised inpatient, day and evening programs for depression, anxiety, addictions and trauma.

South Pacific Private offers a range of treatments for:

Alcohol & drug
addiction

Anxiety & panic
disorders

Bipolar disorder

Compulsive spending

Disordered eating

Gambling

Depression

Sex addiction

Post traumatic stress

Relationship issues

Contact us 24/7 for a free
assessment on **1800 063 332** or email
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