Supporting your Recovery...

We have a number of day and evening program options available to support your ongoing recovery. If you have any questions regarding any of these programs, please talk to your therapist or Aftercare Coordinator.

PTSD Program

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

Transition Day & Evening Program

This program supports you in transitioning 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 learnt during your inpatient treatment.

Family Education & Support Group

This 4 week program is designed to meet the needs of the family and friends of someone struggling with addictions or mood disorders.

Primary Evening Program

The Primary Evening Program is an 5-week group program offering an alternative to inpatient treatment for those whose circumstances allow them to remain at home whilst addressing acute issues such as depression, anxiety, relationship difficulties and addictions.

Mastering Moods Program

This 10 week program explores the triggers of depression and anxiety, and introduces coping skills to manage moods, and support people in developing a renewed sense of competence & confidence in your daily life.

Relapse Prevention

The Relapse Prevention Program supports you through your first 3 months of Recovery from addictions, after the Inpatient Program. It will help you to develop an understanding of the stages of Recovery, common triggers and how you can manage them.

Relapse Prevention 2

This is a 10 week program designed to Create awareness of the connection between developmental trauma, intimacy issues and addictions. Topics include; Awareness of childhood abandonment and enmeshment, relational problems as outlined in the Developmental Maturity Model. Identification of recovery tools for sex, love and avoidance addiction.

Changes 2 Program

This program 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.

Life Skills Program

This 10 week 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 has 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.

Family Program

Through a series of psycho-education lectures, structured exercises & guided discussions participants are supported in exploring challenging issues that may not have been addressed effectively in the past, within the family.

Life Skills 2

This 12 week program deals directly with relationship issues and the habits and patterns of behaviour within those relationships. Clients attending this evening program will be supported to move beyond their childhood trauma and will provide insights for dealing with the fundamental problems arising from this trauma and impacting their relationships.