

Strength and Resilience Program

The Strength and Resilience Program is a process oriented group that is based upon the principles of Yalom group psychotherapy. It has been specifically designed for individuals to gain a deeper understanding of their dysfunctional patterns of behaviours within relationships in order to improve them.



CHANGING LIVES
HEALING FAMILIES

About

At South Pacific Private we understand the value of building and maintaining healthy relationships and how important they are in supporting a persons' mental wellbeing.

Participants will gain a unique insight into how their behaviour impacts others, and how others' behaviour impact them. Building on Yalom's guiding principles of group therapy through the installation of hope and universality amongst others, participants will have the opportunity to build personal awareness and improve relationships by learning how to deal with interpersonal differences and conflicts in a more helpful manner.

The program is facilitated by skilled therapists who have trained in process orientated groups and are attuned to the interpersonal dynamics that arise within the group environment.

+

Half Day

+

In Person

+

**Individuals in
Recovery**

+

**Major Health Funds
and Self Payment**

Program Content

- Develop and improve communication skills and learn to engage in fun, healthy social experiences.
- Encourage exploration of emotional and interpersonal conflicts, confrontation about denial and harmful behaviors
- Opportunity for group members to explore their own change process
- Discussion about personal responsibilities and limit setting and boundaries
- Address unresolved trauma and early childhood experiences
- Learning to face adversity without relying on an addictive process and/or harmful/unhelpful behaviours

Who is it for?

The program is specifically tailored to for individuals who have maintained consistent recovery from addictive substances and behaviours and/or mood and anxiety related disorders for a minimum of 6 months. Clients must be open to and are able to receive targeted feedback from both the group members and therapists around their interpersonal behaviours and a willingness to change the behaviour to foster improved interpersonal relationships.

Cost

Most major health funds will cover the Strength and Resilience program. Clients can claim via their private health fund, if sufficient hospital cover is held. Please note all funds have different rules. We accept self-funded payments.

The full cost of the program for self-funded is \$180 per session and a light snack is included for onsite programs.

For more information please contact our Intake Team on 1800 063 332 and they can arrange a health fund check, and check if there are any out-of-pocket excess or gap.

Program Delivery

The Strength and Resilience Program is available:

- 1 session per week for 12 weeks [day and evening options available]

Contact our Intake team on 1800 063 332 for a full list days and times available.

How to get started

For clients completing their inpatient treatment at South Pacific Private – clients will be referred into the Strength and Resilience Program by their treating Psychiatrist.

For ex-clients who have completed the inpatient program at South Pacific Private within 3 months, an assessment and psychiatric review if required will be arranged prior to the commencement of the program.

For new clients, please request a referral from your psychiatrist or GP. An assessment, if required will be arranged prior to the commencement of the program.

**Our Intake Team is available to answer your questions.
Call 1800 063 332 now.**