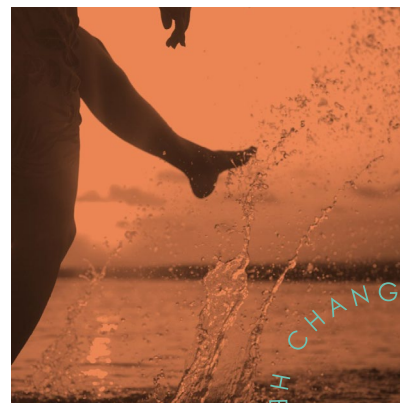


Changes 1 Program

An evidence-based experiential psychotherapy workshop to address unresolved childhood trauma and issues.



About

Changes 1 is South Pacific Private's signature workshop and is what sets us apart from other treatment centres in the country.

The Changes 1 program is offered as part of our inpatient program and is now offered as a standalone workshop for individuals who are in recovery and wanting to dive deeper.

This Trauma informed program using Pia Mellody's Model of Developmental Immaturity and is an experiential process group incorporating group therapy, education and process work. All facilitated by our renowned, formally trained clinicians.

In a safe and compassionate environment you will get the opportunity to explore childhood relational trauma, to process, honour and release the painful feelings that are holding you back from embracing your full potential and moving forward in your recovery

+
5 Day Workshop

+
In Person

+
Individuals in Recovery

+
Major Health Funds and Self Payment

Program Content

Over the course of the 5 days you will:

- Understand your childhood and how it impacts your development, health and well-being now
- Resolve grief and anguish from past experiences
- Recognise your emotions and learn ways to express them appropriately
- Identify and increase awareness of your personal trauma history
- Identify and increase awareness of your defence mechanisms and coping strategies
- Understand the importance of boundaries in relationship with others and yourself
- Develop boundary setting skills.
- Learn healthy ways of relating to others
- Learn how to re-parent yourself
- Investigate the origins of adult dysfunctional behavior and increase functional adult behavior

Who is it for?

The program is specifically tailored to individuals who have struggled with life, relationships and finding joy. This unique program has been designed for participants to learn how to manage relational difficulties, behaviours and explore the underlying causes that fuel addictions and mental health conditions.

- Do you continue to relapse into old behaviours or addictions?
- Do you have unresolved feelings of pain, anger, shame, guilt, loneliness and fear?
- Do you have childhood wounds that won't heal?
- Do you continue to do the same things in relationships and feel overwhelmed or defeated?

If you relate to these questions, then this program is designed for you.

Please note: This program is available for Health Care Professionals as part of the CPD requirements. [Please click here for more information.](#)

Cost

Most major health funds will cover the Changes 1 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 \$350 per session and includes morning tea and lunch.

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 Workshop is a 5 day intensive group running Monday through Friday from 9:00 am to 3:45 pm. On site at South Pacific, 24 Beach St, Curl Curl.

How to get started

For clients completing their inpatient treatment at SPP – clients will be referred into the Changes 1 Workshop as part of the inpatient treatment by their primary therapists and treating Psychiatrist.

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

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

Accommodation

Accommodation is available next door to our main facility at Beachwood Recovery House. This is a supported sober living environment which is no smoking and has a drug and alcohol free code. We offer both shared and private rooms. [For other accommodation options click here.](#)

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