

LGBTIQ+ Intimacy & Sex Addiction Recovery Program

An evidence-based psychotherapy group for the treatment of compulsive sex addiction and other intimacy related issues



About

At South Pacific Private we believe every client is a precious, valuable and unique human being. We provide treatment pathways that are respectful, inclusive and tailored to individual needs. This includes offering caring and tailored services that are inclusive of LGBTIQ+ people and embrace diversity. Whatever your gender or sexual preferences, we will do our utmost to ensure you receive safe, respectful and quality care.

Addiction and mental health disorders often co-occur, with many relying on multiple addictive behaviours to medicate uncomfortable feelings. At South Pacific Private we treat all addictive processes and the underlying causes.

Sex, love and intimacy disorders have affected people in treatment for years, undermining the recovery process. Intimacy and Sex Addiction Recovery Program is specifically tailored to examine the impact these behaviours can have on developing and maintaining healthy relationships while teaching the skills of recovery that lead to a life free from addiction.

The program is facilitated by dedicated and experienced therapists that understand the complexity of these co-occurring conditions and provide a safe place for you to heal and feel.

Childhood and sexual trauma often lay the foundation for many addictive processes in sex and intimacy-related addictions. The program is facilitated by dedicated and experienced therapists who understand the complexity of these co-occurring conditions and provide a safe place for you to heal and feel.

South Pacific Private is looking forward to helping you make sense of your sexual history, to understand your behaviours, and to face the chaos and unmanageability that has been created in your life.

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Full and Half Day Available

+

In Person or Online

+

Individuals in Recovery

+

Major Health Funds and Self Payment Available

Program Content

The Intimacy and Sex Addiction Recovery Program is an abstinence-based program that teaches the fundamentals of recovery, helping you to avoid the relapse cycle and sustain long term recovery through building awareness and self-empowerment.

- Education on Sex Addiction, Love Addiction and Love Avoidance and Attachment Theory
- Recognising and understanding emotional triggers and destructive behaviour patterns in relationships
- Understand the impact of trauma, abuse and neglect on early childhood attachments and how these relate to past and current relationship
- Understanding Trauma Bonds and how to break them
- Relationship between chemical addictions and sex and intimacy addictions
- Understanding and developing healthy boundaries within relationships
- Fostering hope in recovery.

Who is it for?

Intimacy and Sex Addiction Recovery Program is specifically tailored to adults who have a history of addiction, trauma, interpersonal and intimacy-related issues such as sex and love addiction / love avoidant behaviours. Groups for this program are based around a person's gender identity and are inclusive, the treatment plan is individualised and discussed with you prior to commencing the program.

Please contact our Intake on 1800 063 332 to discuss our programs further.

Cost

Most major health funds will cover the LGBTIQA+ Addiction and Recovery 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 for the full day program and includes morning tea and lunch. The half day program and online programs are \$250 per session and a light snack is included for onsite programs.

For more information please contact our Intake Team on 1800 063 332 .

Program Delivery

Intimacy and Sex Addiction Recovery Program is available:

- In person 1 session per week full day for 8 weeks
- In person 1 session per week evenings for 8 weeks
- Online 1 session per week for 8 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 they may be referred to this Program by their treating Psychiatrist.

For ex-clients who have completed the inpatient program 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.**