

# Changes II Program

**The Changes II Program is a 5-day intensive program that is designed to assist individuals to deepen their recovery by addressing unresolved issues which inhibit their ability to live a fulfilling life and experience healthy relationships.**



CHANGING LIVES  
HEALING FAMILIES

## About

South Pacific Private are the pioneers in the treatment of trauma and co-occurring addiction and mental health issues.

Changes II is South Pacific Private's follow up bespoke workshop to their signature workshop Changes I. This trauma informed program assists clients to examine unresolved trauma and how they relate to current concerns through Pia Melody's Model of Developmental Immaturity. This occurs through exploring an individual's current issues in the context of underlying developmental trauma – it is a continuation of the deep and transformative work completed in the Changes I Program.

The Changes II Program is facilitated by our renowned, and exclusively trained clinicians. This unique program has been designed for participants to learn how to manage present day relational difficulties, behaviours and explore the underlying causes that have fuelled addictions and mental health conditions.

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**5 Day Workshop**

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**In Person**

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**Individuals in Recovery**

+

**Major Health Funds and Self Payment**

## Program Content

- Addressing unresolved trauma issues
- Expanding emotional, cognitive and physiological self-awareness
- Primary and secondary symptoms, core issues
- Addressing personal value systems
- Adapting defence and coping mechanisms
- Functional adult skill development
- Embracing change through working with resistance

## Who is it for?

The program is specifically tailored to for individuals who have early childhood and development trauma related to abuse, neglect and growing up in a less than nurturing environment and have completed the Changes I Program

## Cost

Most major health funds will cover the Changes II 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 \$340 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 - Thursday 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 South Pacific Private – clients will be referred into the Changes II Workshop as part of the inpatient treatment by their primary therapists and 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 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.

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