

Changes III Program

An experiential psychotherapy workshop for the treatment of disruptions of early childhood attachments and the interplay in adult intimate relationships, addiction and mental health disorders.



About

The Changes III Workshop is offered as part of our continuing care suite of programs. This experiential workshop uses Pia Mellody's trailblazing work on Love Addiction and Attachment theory. The workshop incorporates 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 the impact of your early childhood attachments and/or relational trauma on the development and sustainability of healthy adult relationships. You will uncover what has been holding you back from true interdependence, healthy intimacy and attachments.

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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 the development of intimacy disorders
- Address the destructive cycles of love addiction and love avoidance
- Understand your childhood and how it impacts your relationships today
- Resolve grief and anguish from past experiences
- Identify and increase awareness of your personal trauma history
- Understand the importance of boundaries in relationships with others and yourself
- Learn healthy ways of relating to others
- Learn to re-parent yourself

Who is it for?

The program is specifically tailored to individuals who are in recovery and are ready to do some deeper, more personal work. Completion of Changes I and Changes II is highly recommended.

- When you first meet a partner do you feel as though they are too good to be true or like the person that you have always dreamed of?
- Do you feel empty and lonely when you are not in a relationship or romantic intrigue?
- Do you ever find yourself in relationships you are unable to leave?
- Do you avoid intimacy out of fear of being smothered?
- Do you return or enter into relationships out of guilt or duty?
- Do you often attract needy people?

Cost

Most major health funds will cover the Changes III Workshop. 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 \$361 per session and includes 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 - Friday from 9:00 am to 4:00 pm, on site at South Pacific Private, 24 Beach St, Curl Curl NSW 2096.

How to get started

Please note it is a prerequisite for clients to complete Changes I at South Pacific Private before attending the Changes III Workshop.

For ex-clients who have completed Changes I at South Pacific within three 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 call us on 1800 063 332. 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.**