

# Relational Recovery Program

**Relational Recovery Program is a bespoke workshop that focuses on the fundamentals of codependency and how to break free from the confines of these dysfunctional relationship patterns.**



## About

The program is based on the work of Pia Mellody's 'Breaking Free from Codependency'. Participants are supported to explore their childhood history of emotional, spiritual, intellectual, physical and sexual abuses and neglect, allowing them to create functional adult behaviour and healthy relationship patterns.

This program supports people with relationship issues and patterns of behaviour in their interpersonal relationships and provides them with awareness around how their own childhood trauma has impacted on their current relationships. Our renowned clinicians will support group members with educational lectures, group therapy and experiential process work to learn how to manage and cope with uncomfortable emotions and create positive experiences and reduce emotional suffering.

+  
**Full Day**

+  
**In Person**

+  
**Individuals in Recovery**

+  
**Major Health Funds and Self Payment Available**

## Program Content

- Increase awareness of types of abuse and neglect and understand how this impacts childhood development, mental health and well-being
- Identify emotions and learn healthy expression
- Identify and increase awareness of personal defence mechanisms and coping strategies
- Understanding and developing healthy boundaries in relationships
- Understand Shame Binds and Trauma Bonds
- Learn healthy self-care routines
- Learn effective conflict resolution
- Learn healthy communication skills

## Who is it for?

The program is specifically tailored for individuals who struggle with relationships and/or who have a family history of addiction, dysfunction and/or mental health issues.

- Do you have difficulty identifying what you are feeling?
- Do you minimise, alter or deny how you truly feel?
- Do you avoid emotional, physical, or sexual intimacy as a way to maintain distance?
- Do you use indirect or evasive communication to avoid conflict or confrontation?
- Do you feel panicked at the thought of other people's disapproval?
- Do you find friendships and/or romantic relationships excessively painful and difficult?

## Cost

Most major health funds will cover the Relational 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 \$361 per session and morning tea and lunch is included.

## Program Delivery

The Relational Recovery Program is available:

- In person 1 session per week for 12 weeks

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

## How to get started

Clients completing their Inpatient treatment at South Pacific Private will be referred into Relational Recovery 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.**