

Women's Relationships in Recovery Program

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



About

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 avoidance addiction have affected women in treatment for years, undermining the recovery process. South Pacific Private's Women's Relationships in Recovery Program is specifically tailored for women to examine in-depth the impact these behaviours can have on developing and maintaining healthy relationships.

Childhood and sexual trauma often lay the foundation for many women's addictive process in sex and intimacy related addictions. 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.

SPP 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.

+
Half Day

+
In Person or online

+
Individuals in Recovery

+
Major Health Funds and Self Payment

Program Content

The Women's Relationships in 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.

- Psycho-education on Sex Addiction, Love Addiction and Love Avoidance and Attachment Theory
- Recognising and understanding emotional triggers and destructive behaviour patterns in relationships
- Impact of trauma, abuse and neglect on early childhood attachments and how these relate to past and current relationships
- Trauma Bonds
- Understanding and developing healthy boundaries within relationships
- Fostering hope in recovery

Who is it for?

The Women's Relationships in Recovery Program is specifically tailored to for individuals who identify as female and have a history of addiction, trauma, interpersonal and intimacy related issues such sex and love addiction/love avoidant behaviours.

Cost

Most major health funds will cover the Women's Relationships in 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 \$ 250 per session and a light snack is included for onsite programs.

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 Women's Relationships in Recovery Program is available:

- In person 1 session per week for 12 weeks [day and evening options available]
- Online 1 session per week for 12 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 SPP, clients will be referred into Women's Relationships in Recovery Program by their 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 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.**