

Addictive Disorders

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave.



Who is the program for?

People wanting to learn and expand their knowledge and skills towards abstinence based recovery in a supportive atmosphere, this program may be useful in addressing individual clinical needs.

Program content

- Problem identification
- Relapse prevention
- Warning signs of relapse
- Managing temptations
- Healthy approaches to thinking
- New ways to enjoy life
- Setting boundaries
- Personal values

About the program

This program is abstinence based and includes a more psychodynamic approach. Each session begins with exploring the issues that have arisen during the week, moving onto learning the skills needed to maintain recovery and lessen relapse.

When is it held?

One day per week for ten weeks. Light refreshments are provided. Transport options may be available.

How to join

If you are interested in attending the Addictive Disorders Program, you will need to discuss this with your treating doctor who will assess your suitability and, if appropriate, provide a referral.

How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Brisbane Waters Private Hospital Day Therapy Program Coordinator. A quote can be provided if you do not have private health insurance.

Brisbane Waters
Private Hospital

Central Coast Clinic

21 Vidler Avenue, Woy Woy NSW 2256 T: 02 4341 9522 F: 02 4342 7164
E: centralcoastclinic@healthecare.com.au / brisbanewatersprivate.com.au

health**e**.care