

Day Program : Addictive Disorders

The Central Coast Clinic's Addictive Disorders program provides resources, education and clinical support to enhance an individual's capacity to change the way they think, feel and behave.

What is the program about?

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

Who is the program for?

This program is for people who want to learn and expand their understanding and skills towards abstinence based recovery in a supportive atmosphere.

What does the program cover?

The program focuses on a range of areas including:

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

When is it held?

The day program is offered one day a week for a period of ten weeks per program.

How can participants enrol?

Discuss interest and suitability for the Addictive Disorders program with a General Practitioner (GP). A GP will then conduct an assessment and provide a referral if appropriate.

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.

For more information on the range of programs offered at Brisbane Waters Private Hospital's Central Coast Clinic visit: www.centralcoastclinic.com.au

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