

Unravelling those Tangles which occur in every Family

We were recently chatting with Sophie Lippell, one of the fantastic Family Program Therapists at South Pacific Private, about the benefits for clients and families of those clients of doing our family program. Here, Sophie explains what happens during the four days of family program and what miracles occur as a result.

What's the benefit of doing the family program?

The benefits of doing the Family Program are many and the healing that occurs is powerful. They include the way that your family, being one of your most important support systems, learn more about how best to support you. They learn how to communicate with you in a much healthier manner and understand the language that you are incorporating within the SPP program. You all get the opportunity to unravel those tangles which inevitably occur within every family - so you can release the past, heal old wounds, reconnect in the ways you have been missing and weave a new way to support each other as you all move forward.

Why is the family program the cornerstone of what we do?

We are the only treatment centre in Australia which offers a Family Program because we understand how crucial it is to your Recovery and healing. We believe that addiction and mood disorders are part of the whole family system and are developed within it. Therefore if the whole family gains an awareness of how it has been operating in a less than optimal manner, it can re-balance as a whole. This not only helps heal the dysfunctional family relationships but also aids in your essential support for continued recovery.

How does the family program work?

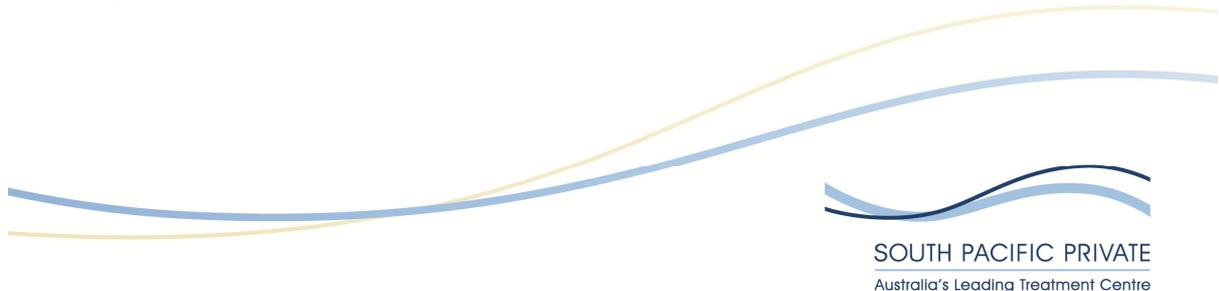
It is a combination of psycho-education, to increase and advance your mental awareness of healthy boundaries and communication skills, together with experiential processes with your loved ones to help heal your past and further cement that awareness more deeply into your whole beings and therefore your ways of relating with each other.

Why is the family program so important and what is a family of origin?

A Family of Origin is the family into which you were born. The Family Program is so very important as it enables your family of origin to also understand the influences of all of your development histories and release the outmoded patterns which no longer serve any of you. As we tend to continue these patterns in all of our relationships, unless interrupted, the Family Program also enables those almost unconscious patterns to be unravelled in our current Families of Choice too.

Who can attend the family program?

Clients can invite their partners, children, parents and siblings, or other significant care-givers. It is generally limited to two family members in each Family Program and the lower age limit is 16 years old, with no upper limit.



What happens each day in the 4 day program and what's the importance of each day?

Each family member is facilitated in learning how to share your reality with each other (levelling), set healthy boundaries, make amends for how you have impacted each other and share what you like and love about each other. Through these processes, each person gains personal awareness about who they are and how they have been part of the 'problem' so they can choose to make more functional changes in how you all relate to yourselves and with each other. It is a true gift to each and every person, individually and interpersonally.

The first day is a psycho-educational day where the Model of Developmental Immaturity is outlined and the concept of healthy boundaries is outlined, which is the cornerstone of effective relationships and true emotional intimacy. Additional information about effective personal and interpersonal connection is relayed throughout the other days also.

On day two, family members are facilitated to share levels with each other about behaviours, past and present, which negatively impact you within these relationships.

On day three, healthy boundaries around those behaviours are shared with each other so that you all know how you will take care of yourselves should those behaviours continue to occur.

Day four is a day of atonement, where you make amends for the behaviours you have been levelled on and then you share what you like and love about each other. It is an intense and powerful four days which always culminates in a huge amount of healing and a much deeper connection with each other and yourselves.

At the end you are guided on how to take this wonderful work forward into the "real world" and continue to expand your connections.

What will you take away from doing the family program?

A much healthier way of communicating authentically and intimately with your family members so that none of you need to carry resentments or continue to relate in dysfunctional ways which have not served you well.

The purpose is to facilitate healthy communication and the ability to be vulnerable and real with each other, rather than continue old and less than supportive ways of relating, and thus enjoy true emotional intimacy and connection.

Thanks Sophie!

To register for our family program or to find out more please call 1800 063 332 or email info@southpacificprivate.com.au

