

Changes I Program

An evidence-based experiential psychotherapy workshop to address unresolved childhood trauma and issues.



CHANGING LIVES
HEALING FAMILIES

About

Changes I is South Pacific Private's signature workshop offered as part of our inpatient program and is what sets us apart from other treatment centres in the country.

This trauma-informed program using Pia Mellody's Model of Developmental Immaturity is an experiential process group incorporating group therapy, education and process work. All facilitated by our renowned, formally trained clinicians.

In a safe and compassionate environment you will get the opportunity to explore childhood relational trauma, to process, honour and release the painful feelings that are holding you back from embracing your full potential and moving forward in your recovery.

+
**5 Day
Workshop**

+
In Person

+
**Individuals in
Recovery**

+
**Major Health Funds
and Self Payment**

Program Content

Over the course of the 5 days you will:

- Understand your childhood and how it impacts your development, health and well-being now
- Resolve grief and anguish from past experiences
- Recognise your emotions and learn ways to express them appropriately
- Identify and increase awareness of your personal trauma history
- Identify and increase awareness of your defence mechanisms and coping strategies
- Understand the importance of boundaries in relationship with others and yourself
- Develop boundary setting skills
- Learn healthy ways of relating to others
- Learn how to re-parent yourself
- Investigate the origins of adult dysfunctional behaviour and increase functional adult behaviour

Who is it for?

The program is specifically tailored to individuals who have struggled with life, relationships and finding joy. This unique program has been designed for participants to learn how to manage relational difficulties, behaviours and explore the underlying causes that fuel addictions and mental health conditions.

- Do you continue to relapse into old behaviours or addictions?
- Do you have unresolved feelings of pain, anger, shame, guilt, loneliness and fear?
- Do you have childhood wounds that won't heal?
- Do you continue to do the same things in relationships and feel overwhelmed or defeated?

If you relate to these questions, then this program is designed for you.

Please note: This program is available for Health Care Professionals as part of the CPD requirements. Please speak to our Intake team for more information.

Cost

Most major health funds will cover the Changes I 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.

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 Workshop is a 5 day intensive group running Monday through Friday from 9:00 am to 3:45 pm, on site at South Pacific Private, 24 Beach St, Curl Curl NSW 2096.

How to get started

For clients completing their inpatient treatment at South Pacific Private – clients will be referred into the Changes I Workshop as part of the inpatient treatment by their primary therapists and 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 clients new to South Pacific Private, 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.**