

Men's Intensive Relapse Prevention Program

The Men's Intensive Relapse Prevention Program is an abstinence based workshop and was created for men to explore on a deeper level their compulsive sexual behaviour in a safe and compassionate space.



About

Sex Addiction manifests in many different areas. Porn addiction, obsessive fantasy, chemsex and compulsive sexual behaviour, including masturbation, are just some of the ways that a person can experience unmanageability and negative consequences.

This program helps to reduce shame around compulsive sexual behaviour while developing new tools and practices for ongoing recovery. The program is facilitated by dedicated and experienced therapists that understand the complexity of these co-occurring conditions and provide a safe space for you to heal and feel.

+
4 x Full Days

+
In Person

+
Individuals in Recovery

+
Major Health Funds and Self Payment Option

Program Content

- 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 relationship
- Understanding trauma bonds and how to break them
- Relationship between chemical addictions and sex and intimacy addictions
- Understanding and developing healthy boundaries within relationships
- Fostering hope in recovery
- Shame reduction
- Affect regulation skills

Who is it for?

The program is specifically tailored to individuals who identify as male and have a history of addiction, trauma, interpersonal and intimacy related issues such as sex and love addiction/love avoidant behaviours. It is for men who struggle with porn addiction, obsessive fantasy, chemsex and compulsive sexual behaviour, including masturbation, and have found their lives have become unmanageable due to the negative consequences of these behaviours and the growing need to 'act out' as a result of the growing dependency.

Cost

Most major health funds will cover the cost of a Day Program. Clients may claim via their private health fund, where appropriate cover is held. We encourage clients to confirm with their health fund. In the absence of health cover, the cost of the program is \$2100 per person for the 4 day program, which includes morning tea, lunch and afternoon tea.

For more information, please contact our Intake team on 1800 063 332.

Program Delivery

The workshop is a 4 day intensive group therapy program from Monday through Thursday. The program runs 10:00am to 4:00pm on Mondays, and 9:00am to 4:00pm Tuesdays through Thursdays. South Pacific Private is a strictly alcohol and drug-free premises and has a dress code, mobile phone and non-smoking policy.

How to get started

Clients completing their inpatient treatment at South Pacific Private will be referred into Men's Intensive Relapse Prevention Program by their treating multi-disciplinary team.

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 clients new to South Pacific Private or ex-clients where it has been longer than 3 months since their last admission at SPP (Inpatient or Day Program), please request a referral from your psychiatrist or GP. An assessment and psychiatric review will be arranged prior to the commencement of the program.

**Our Intake Team is available to answer your questions.
Call 1800 063 332 now.**