

Changes II Program

A 5-day intensive program that is designed to assist individuals to deepen their recovery by addressing unresolved issues which inhibit their ability to live a fulfilling life and experience healthy relationships.



About

South Pacific Private are the pioneers in the treatment of trauma and co-occurring addiction and mental health issues.

Changes II is South Pacific Private's follow up bespoke workshop to their signature workshop Changes I. This trauma informed program assists clients to examine unresolved trauma and how they relate to current concerns through Pia Melody's Model of Developmental Immaturity. This occurs through exploring an individual's current issues in the context of underlying developmental trauma – it is a continuation of the deep and transformative work completed in the Changes I Program.

The Changes II Program is facilitated by our renowned, and exclusively trained clinicians. This unique program has been designed for participants to learn how to manage present day relational difficulties, behaviours and explore the underlying causes that have fuelled addictions and mental health conditions.

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5 Day Workshop

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In Person

+

Individuals in Recovery

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Major Health Funds and Self Payment

Program Content

Over the course of the 5 days you will:

- Address unresolved trauma issues
- Expand emotional, cognitive and physiological self-awareness
- Identify primary and secondary symptoms, core issues
- Address personal value systems
- Adapt defence and coping mechanisms
- Develop functional adult skills
- Embrace change through working with resistance

Who is it for?

The program is specifically tailored to individuals who have early childhood and development trauma related to abuse, neglect and growing up in a less than nurturing environment and have completed the Changes I Program.

Cost

Most major health funds will cover the Changes II 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.

The full cost of the program for self-funded is \$361 per session and includes morning tea and lunch.

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 - 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 II 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.**