

Family Program

The Family Program is an intensive and interactive program designed specifically to bring together and treat both the individuals who have struggled with addiction and mental health and who are now in recovery, and their families, partners and loved ones.



About

At South Pacific Private we believe in treating clients within the context of their family system. Some families are biologically related (family of origin) and some are not (partner or family of creation), but generally speaking families share, or once shared, strong emotional bonds.

The Family Program is the cornerstone of treatment at South Pacific Private where profound and lasting healing takes place. It was the positive experience of the Family Program at The Meadows Treatment Centre in Arizona that inspired the founders of South Pacific Private (the Wood family) to open South Pacific Private in 1993.

Trauma, addiction and mental health conditions can significantly affect the family unit whether the condition is inherited or whether it is happening in the here and now. Our relationship to our family system is complex, and in order to heal it's important to unravel the elements that do not serve us, without laying blame or causing further damage.

The program offers a deeper understanding of addiction and mental illness and the impact on families, increased compassion and respite - and helps family members communicate with, and support their loved-one after treatment, which gives the client the best possible chance of recovery.

+
Interactive Workshop

+
In Person or Online

+
For Clients and their Family/Loved Ones

+
Major Health Funds (Client) and Self-Payment (Family)

Program Content

- Gaining an understanding of family systems/family roles
- The nature of abuse and trauma
- Parenting styles and family roles
- Impact of blaming and enabling
- Learning how to implement a boundary and hear a boundary from a loved one in a healthy way
- Learning and practising communication techniques
- Group learning about family relational dynamics
- Conflict resolution skills

Who is it for?

The program is open to clients and loved ones of those who have completed the Inpatient Intensive Program and is available as a workshop for families and partners*.

**A prerequisite for attending our Online Family Program is completing our Online Family Education Day. For more information please visit our website.*

Cost

Most major health funds will cover the Family Program on behalf of the client. The 4-day in person program is \$750, while the 3-day online program is \$550. Private Family Program fee by arrangement, depending on number of participants.

Program Delivery

The Family Program is available:

- Onsite 4-day program Fri-Mon (8:45am to 4:00pm)
- Onsite 2-day private program (8:45am to 4:00pm, by multi-disciplinary-support team recommendation)

Online Family Program:

- Online 3-day program Sat-Mon (8:45am to 4:00pm)
- A pre-requisite for participation in the Online Family Program is participation by family members in the 1-day Online Family Education Day

Please contact our Intake Team on 1800 063 332 and they can arrange a health fund check and answer any other questions you may have.

How to get started

For clients completing their inpatient treatment at South Pacific Private – clients will be referred into the Family Program during their 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.

Family members will be invited to take part in the program by their loved one, and their treatment team.

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