



Family Program

Mental illnesses and addictions impact whole families.

At South Pacific Private we know that the more support clients receive in their early Recovery, the more their risk of relapse is reduced.

As a family member you play a critical role in this support network.

Both current research and our experience tell us that clients embrace recovery more effectively when family members also have the opportunity to engage in educational and support programs designed to meet their needs. The Family Program is a unique cornerstone of treatment at South Pacific Private.

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Family members participate in an intensive and supportive 4 days of education, structured exercises and guided discussions that explore the family system and relationships.

Our multidisciplinary team recommends clients who would benefit from the program, and our full time Program Coordinators work with families like yours to identify how we can help family members in need. Our family program can have a huge impact on your family relationships and will make a significant difference to the outcomes for your family member receiving treatment here.

The Family Program is facilitated by a senior therapist experienced in helping families explore the difficult and challenging issues that may not have been addressed effectively in the past, within the family unit.

Your family therapist will use a combination of techniques such as education, structured exercises, and guided discussions to help you and your family members learn about family relational dynamics and healthy listening, communication and conflict resolution skills in a confidential and safe environment.

To register please call **1800 063 332**
or email **info@southpacificprivate.com.au**
www.southpacificprivate.com.au



SOUTH PACIFIC PRIVATE
Australia's Leading Treatment Centre



Family Program Schedule

Your family will participate in structured exercises that teach listening, communication and conflict resolution skills in a safe environment. This is an opportunity, in a confidential and safe setting, to bring about healing in troubled families. The program supports the development of healthy communication and relational skills.

A typical family program schedule:

TIMES	FRIDAY	SATURDAY	SUNDAY	MONDAY
9:00 am to 10:00 am	<ul style="list-style-type: none"> Welcome Group guidelines How SPP works Johari's window 	<ul style="list-style-type: none"> Check in Levels homework Educational DVD 	<ul style="list-style-type: none"> Check in Psycho-education around abuse & trauma Boundaries 	<ul style="list-style-type: none"> Check in Family group connection exercises
	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
10:15 am to 12:00 pm	<ul style="list-style-type: none"> The Model of Developmental Immaturity Family Systems Boundaries 	<ul style="list-style-type: none"> Family group communication styles & strategies 	<ul style="list-style-type: none"> Write & check Boundaries exercises 	<ul style="list-style-type: none"> Family group connection exercises Discussion & debrief
	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
1:00 pm to 2:45 pm	<ul style="list-style-type: none"> Communication styles & strategies 	<ul style="list-style-type: none"> Communication exercises 	<ul style="list-style-type: none"> Family group boundaries 	<ul style="list-style-type: none"> Family care planning Family meetings Relapse prevention strategies
	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
3:00 pm to 4:30 pm	<ul style="list-style-type: none"> Feelings & reality Defences & blame 	<ul style="list-style-type: none"> Group discussion & debrief 	<ul style="list-style-type: none"> Group discussion & debrief Education around shame 	<ul style="list-style-type: none"> Group farewell Testimonial ceremony with client community
This is a guide to the topics covered by the Family Therapist who will tailor education to the needs of the group.				

In advance of attending our family program you will receive access to orientation information to help you to better understand what's ahead and to explain some of the terms and concepts you will learn here. If you have any questions please feel free to contact us.

