

Beyond Phoenix

Providing resources, education and clinical support to enhance the ability to change patterns of addictive behaviour.

Who is the program for?

Patients who have completed the Phoenix program recently and wish to maintain or refresh their skills in a supportive group atmosphere, this program may be useful in addressing their individual needs.

Program content

- Coping with cravings
- Motivational enhancement
- Mood monitoring
- Cognitive restructuring
- Support networks
- Relapse prevention
- Assertiveness training
- Emotional mindfulness

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About the program

This program is a follow up program for patients who have previously attended the Phoenix program and wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves. The program reviews core Cognitive Behaviour Therapy (CBT) skills, relapse prevention and motivational enhancement with a focus on mood management, life skills and building supports.

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When is it held?

Weekly on Fridays from 1:00pm to 4:00pm.
Light refreshments are provided.

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How to join

Patients interested in attending this program will need to complete the Phoenix program and have remained abstinent from alcohol or substance use for a period of ten weeks.

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How much does it cost?

Patients are admitted as a day patient and as such, depending on their level of cover can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with The Hills Clinic Private Hospital. For patients without health fund coverage, a cost of \$150 per session applies.

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