



The Geelong Clinic

98 Townsend Road
St Albans Park VIC 3219

Phone: 03 5240 0700 | Fax: 03 5248 4852

www.thegeelongclinic.com.au

A Healthscope hospital.

ABN 85 006 405 152



V2_10/2018



The Geelong Clinic

Addictive Behaviours Program

Information for patients, carers,
family and support persons



The Addictive Behaviours Program provides a four week inpatient therapy program that offers a Cognitive Behavioural Therapy approach with medical support to patients seeking assistance to manage a range of addiction issues.

Note prior to commencement of the program a review of medical detoxification needs, will be undertaken.

The Addictive Behaviours Program aims to:

- Build the capacity to manage issues of addiction
- Seek clarification of personal values
- Increase awareness and management of thoughts and feelings
- Develop coping strategies
- Enhance personal control
- Develop action plans that assist well-being and reduce the impact of addiction.

Group sessions may include the following:

- Addictive Patterns – the addiction trap and how to break free
- Values - Healthy Lifestyles & Behavioural Direction
- High Risk Situations and Emotions
- Developing Psychological Flexibility
- Relapse Prevention
- Managing the Change Process
- Thinking Styles – How they Help and Hinder.

Cost

All referrals are subject to a health fund check prior to admission or commencing a program.

We have agreements with Private Health Funds, DVA, Workcover and TAC. Self funding is also an option.

Our Patient Services Staff will be pleased to answer any questions you may have in relation to cost.

Making a Referral

To be admitted to our programs, you will need to ask your General Practitioner for a referral to The Geelong Clinic to one of our accredited psychiatrists. Medical detoxification may also be arranged up to three weeks prior to commencement.

For further details, please contact The Geelong Clinic on **03 5240 0700**.

