

Addictive Behaviours Program

Information for patients, carers, family and support persons



The Geelong
Clinic
by Healthscope

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Community
of Care



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Addiction is not being able to stop doing something even if you want to, and despite the negative consequences it creates. Addiction applies to alcohol and other drugs, and is inclusive of gambling, eating, gaming, exercise, sex, social media and other behaviours.

The Addictive Behaviours Program is a four-week inpatient therapy program that offers Cognitive Behavioural Therapy (CBT) and medical support to assist patients in managing their addiction.

The program offers individual and group based programs that aim to address understanding self, addiction and mental health. Please note, a review of medical detoxification needs will be undertaken prior to commencement of the program.

The Addictive Behaviours Program aims to:

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

Group sessions may include the following:

- Addictive patterns and the addiction trap and how to break free
- Developing psychological flexibility
- Managing high risk situations and emotions
- Managing the change process
- Relapse prevention
- Thinking styles & how they help and hinder
- Values - healthy lifestyles and behavioural direction.

Program commencement

The Addictive Behaviours Program runs on an ongoing basis.

Admission to the Inpatient Rehabilitation Program is for 28 days.

Cost

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

Obtaining a Referral

A referral letter from your GP or psychiatrist is required for you to be admitted to the program.

Your referral can be addressed to 'Dear Doctor' or to one of our accredited psychiatrists and faxed to Intake on **03 5240 0799**.

Patients will be booked in for an assessment prior to acceptance for admission.

Medical detoxification may also be arranged up to three weeks prior to commencement of this program. For further details, please contact The Geelong Clinic on 03 5240 0700.