

PROMIS FAMILY PROGRAMME



PROMIS

Helping you put the pieces together.

Addiction creates tension and confusion in our closest relationships and negatively impacts our family dynamics. Loved ones of those with addiction are often left feeling frustrated, angry and helpless as they struggle to understand the complicated nature of addiction. The sufferer may not even be aware of the harm they cause to those around them as they are so bound up in their own pain.

Our family programme is designed to offer comprehensive support for the entire family through education and professional guidance.

The aim is to introduce the family members to the necessary concepts to help an addict change their addictive behaviour as well as opening healthy lines of communication which will lead to more productive results.

In addition, all the family members will receive extensive information about the best ways to help their loved ones.

Attendance is open to all. It is not necessary to have your family member in treatment in order to benefit from this programme.

2 DAY FAMILY WORKSHOP

DAY ONE (Sunday, 20th February)

Session 1

Models of Addiction / Cross addiction.

- ▶ Physical dependence,
- ▶ Process addictions,
- ▶ Mental illness,
- ▶ Illness vs learned behaviour.

Session 2

Models of Treatment

- ▶ 12 Step,
- ▶ Motivational Enhancement,
- ▶ CBT,
- ▶ SMART.

Session 3 Family Lunch

Session 4

Intervention.

- ▶ Arise vs Johnson model,
- ▶ Who should be involved?
- ▶ How should a meeting be structured?
- ▶ Writing the letters.

Session 5

Individual treatment planning.

- ▶ Individual differences in treatment,
- ▶ Social circumstances,
- ▶ Recovery resources.

DAY TWO (Monday, 21st February)

Session 1

Process group.

- ▶ Personal psychotherapy.

Session 2

Role play an intervention.

- ▶ Rehearsing interventions.

Session 3 Family Lunch

Session 4

Role play changing relationships with addict.

- ▶ Transactional Analysis,
- ▶ Scripts and patterns.

Session 5

Review of the workshop and personal objectives.

- ▶ Action plan.

COST

FAMILY ACCESS *(for those who have a family member in treatment)*

▶ DAY ONE is **FREE** for up to 4 people per family and £360 per person for any additional family members.

▶ The Full Family Workshop is £450 for the first family member and £375 for any additional family members

GENERAL ADMISSIONS *(for those who don't have a family member in treatment)*

▶ DAY ONE is £360 per person.

▶ The Full Family Workshop is £810 for the first family member and £735 for any additional family members.

For more information and bookings,
please contact
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