



9 Week Outpatient Rehab Programme

A Pioneering Approach To
The Treatment Of Addiction





The Infinity Difference

Our flagship 9 week outpatient rehab programme, otherwise known as "Dayhab" is a flexible non-residential rehabilitation treatment option that has been meticulously and expertly designed to help you to access the professional help that you need, without having to check into a residential rehab facility. Where outpatient treatments are typically difficult to access as they are usually only available during the day or in a specific clinic location, making it near on impossible for those with daily commitments to access. Our unique evidence based approach to relapse prevention treatment enables you to engage in a highly effective, programme, without the need to take time away from your daytime commitments. It can either be delivered to you through a combination of in-person one to one sessions if you reside close to one of our UK therapy centres, coupled with fully interactive, live online evening workshops. Or you can have the emersive experience delivered all online wherever you are in the world. Both as a more affordable alternative to residential rehab clinics with equally exceptional outcomes.

This successful and innovative approach to treatment is delivered by a highly skilled and experienced team of qualified and registered addiction professionals, who offer the highest levels of support and psychological intervention, as you work through the challenges of living your life in real time.

Our treatment models are "self-empowerment" and "solution focused" designed to empower you to take control back of your own life, transforming you to feel stronger and becoming more confident in yourself. It is highly effective at helping you to understand the root causes of your addiction, understand yourself better, develop and implement the necessary skills and tools you need to build a solid foundation on which to live an independant, healthy and balanced life.

A Compassionate Approach

Compassion is the opposite to what addiction stands for, where often individuals will find themselves socially isolated and self punishing for having an addictive disorder and all that comes with it. Due to the many harmful behaviours that are often associated such as dishonesty, irritability or social withdrawal for example, rejection and social exclusion can sadly become a common experience, fuelling the addiction itself and the individuals need to disconnect from them self more. Our compassionate approach to treatment creates a safe and accepting space where people can then be able to be open about the problem without judgement, creating the opportunity and work through the challenges that they have been experiencing, which inadvertently keep them stuck in the cycle of addiction.

Why Do I Need This Programme?

Addictions are a complex group of disorders that often present as having many layers, which can be extremely varying in nature therefore, very difficult to understand and resolve alone. The word addiction derives from the latin word "Addicere" which means "enslaved by", or "bound to", which gives a very brief description of what it can feel like for those who are experiancing it. Modern developments in research have recognised that addiction can in fact happen to anyone given the right set of conditions and circumstances and is not a choice. It is widely known that addiction is a progressive condition that evolves into a form of coping mechanism that enables individuals to disconnect from aspects of themselves that they are unable to manage, cope with, or are uncomfortable experiancing.

By the time individuals seek help, it is usually as a result of experiencing some of the many likely "side effects" or "consequences" of the specific addiction listed here to the right.

If any two of the "common side effects" listed in the diagram across resonate with you, then this is a solid indicator that you are presenting with the factors that meets the critereia for a diagnosis according to the DSM-5 diagnostic tool, for having a "Substance Use Disorder" or "Addictive disorder" and you would certainly would benefit from professional input.

Common Side Effects Of Addiction



Whats Involved In The Program?

Delivered over a 9 week period, you will engage in two evening online live videolink workshops that are delivered via ZOOM and are fully interactive. Each workshop is delivered by 2 registered and qualified addiction specialists. These highly effective methods of treatment delivery take place on Monday and Thursday evenings from 7:00pm until 9:00pm.

The workshops are in a group setting and participants will be participating alongside up to 10 other individuals.

You will also receive One to One sessions once weekly either in-person or online, for the duration of the 9 weeks and you will be allocated a specialist counsellor, psychotherapist or practitioner, who will work with you and guide you throughout the program towards your goals.

Also included is a 2 hour family workshop for family members or loved ones, supporting them towards understanding addiction better, how best to support you and to begin repairing some of the fractures caused as a result of the addiction and associated behaviours.



Evidence Based Relapse Prevention

Relapse Prevention is key to achieving long-term recovery, enabling you to become aware and manage the challenges that can put you at risk of relapsing.

This effective model of Mindfulness Based Relapse Prevention (MBRP) is designed to empower you to feel confident and able to respond to many of life's challenges that contribute to needing a substance or addictive behaviour to cope. This highly effective model teaches you to be able to pause, to observe the present experience, and to bring awareness to a range of choices that helps you to respond in a way that best serves you, rather than to react in ways that are detrimental to your happiness.

During these workshops we explore and guide you to develop techniques to manage urges or cravings, to understand and manage your individual triggers and develop new healthy and fulfilling coping mechanisms.

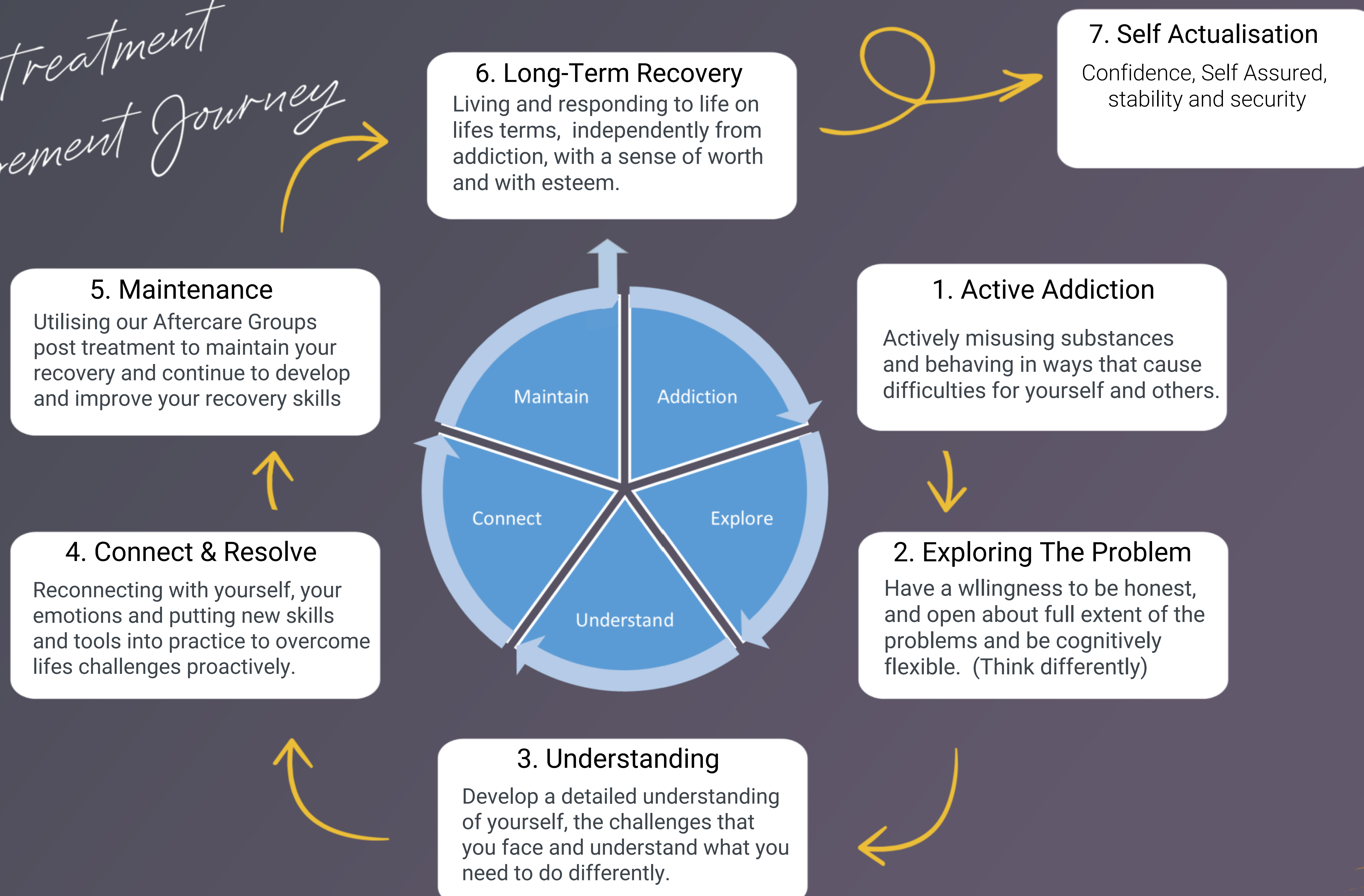
Psycho-Education & Recovery Tool-kit

Understanding the science and psychology of addiction, how it impacts your physiology, your relationships, your thinking and your emotions is integral to a better understanding of yourself and the challenges you have been experiencing, especially living with a complex disorder, otherwise referred to as an addiction.

With group support and interaction, you can safely share your experiences in a safe, compassionate space whilst you learn a wide range of new coping mechanisms, skills and tools to better manage some of the difficult and often acute aspects of life that have been driving your personal addiction. Some of the topics we regularly cover are challenges with worry, anxiety & stress, emotions, relationships and self esteem to name but just a few.

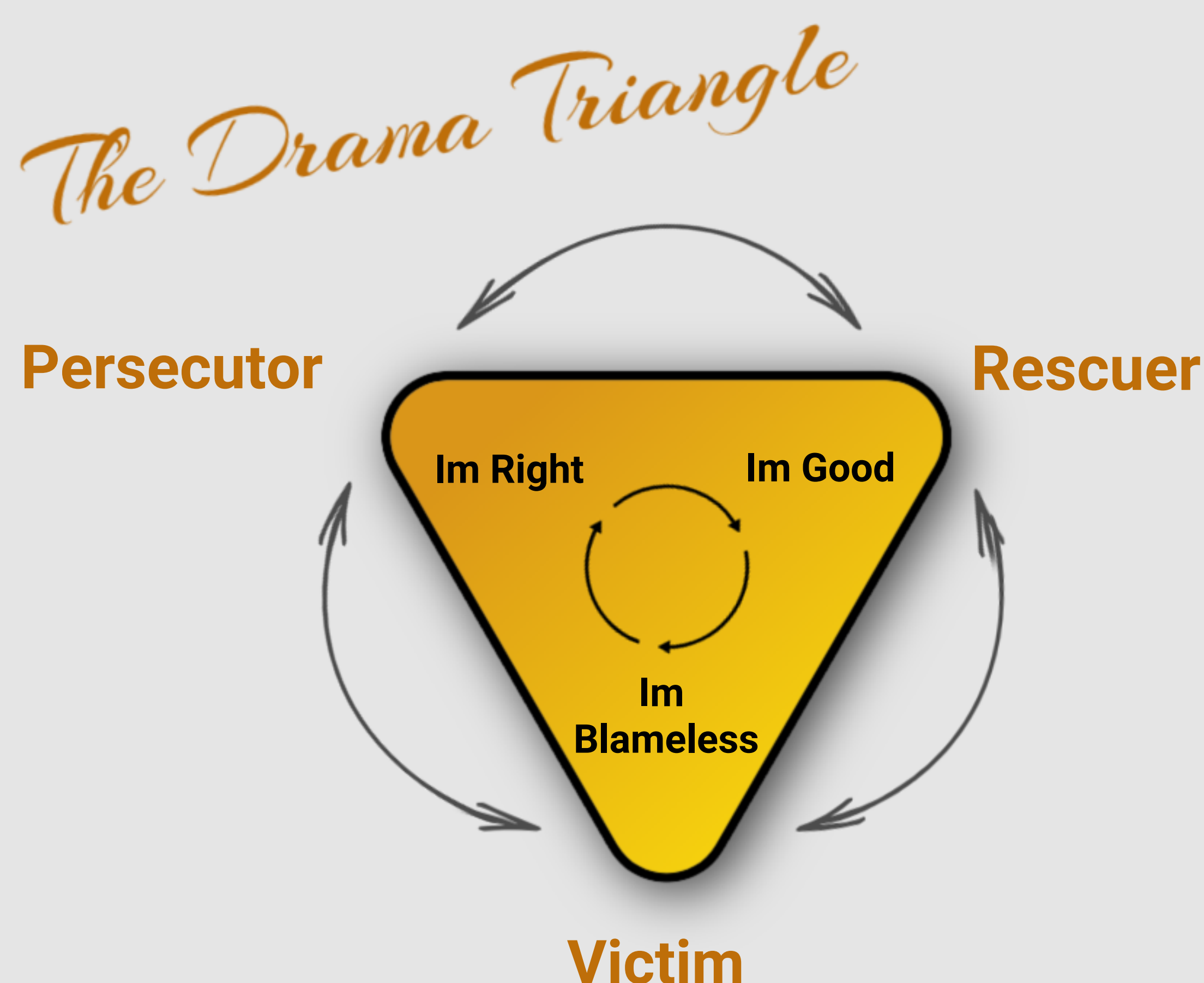


*The Treatment
Engagement Journey*



Family Workshop

Family members and loved ones more often than not, really feel the strain that substance use disorders and addiction can have, experiencing the full brunt of this complex condition, where feeling at breaking point can be a common experience. Mistrust, frustration, hurt, fear, anxiety and sadness can be felt regularly. Feeling helpless is also extremely common when a loved one is on a path to seeming self-destruction, despite family members or loved ones numerous attempts to step in and intervene. Equally feeling unloved due to the individual seemingly choosing the substance or behaviour over the love of the relationship. This will often mean that family members may find themselves attempting to restore the balance, by either pleading, demanding, threatening or even avoiding talking about the subject at all are sadly very common. These are all very natural human responses to an unnatural situation, based on love that can unknowingly drive the family unit further and further apart, as well as fuelling the addiction. Family members may often even argue amongst themselves about who is right and who is wrong, when it comes to what's the best way of dealing with this extremely complex issue of having a loved one with an addiction within the family unit. Relationships very quickly become "Fractured" and is what can often develop into what we refer to as a "Drama Triangle". This is an incredibly natural but unhealthy dynamic to find yourselves in, where unfortunately "No one wins" and only upset, stress and addiction prevails.



The Victim - The victim in this context is not an actual victim, but rather someone who feels or acts like a victim, often blaming others, events or circumstances for the reason they are experiencing problems. Nonetheless, the victim sincerely feels victimised, oppressed, helpless, hopeless, powerless, ashamed and seems unable to make decisions, solve problems, take pleasure in life, or achieve insight. The victim's stance is typically "Poor Me" or "I Can't Cope".

The Persecutor - The persecutor will often be the one in a controlling position, blaming, is critical, oppressive, angry, authoritative, rigid and superior - self-righteous. The persecutor insists "It's all your fault".

The Rescuer - The rescuer is a classic enabler. The rescuer feels guilty if he/she doesn't rescue. Yet his/her rescuing has negative effects: It keeps the victim dependant and gives the victim permission to fail. It also keeps the "Rescuer" stuck in focusing energy on someone else's problems, not solving his/her own. The rescuer's line is "Let me help you".

This drama triangle is a tool for understanding the dynamics of dysfunctional roles in conflict, that can naturally happen in response to having a loved one in addiction. It is incredibly natural to find yourself reacting when someone you love dearly, seems to be losing control or behaving in ways that are either worrying, hurtful, upsetting and even frustrating at times. Try identifying which role/s you have found yourself in?

Individuals who become addicted simply put, have a brain that has developed differently. Most people will experiment at some point with a type of substance and for some, they will continue for the relieving affects that substances induce, which in most part is largely due to not having the ability to self-regulate or manage something that they are finding incredibly difficult or even overwhelming. If drug or alcohol use is too frequent and is over prolonged periods of time, mechanisms in the brain that ensure our survival by compelling us to eat, can according to research become hijacked or tricked into believing that the drug or alcohol has the same survival value as food, therefore compelling continuing substance abuse, regardless of the consequences. However, modern research suggests that the human brain is plasticised, meaning that the brain can be re-wired and new neuro pathways and habits can be changed through willingness and practice.



Family Workshop

Our 2 hour family workshop included in the programme, is for family members and loved ones who would like to better understand the science behind addiction, the psychology surrounding their relationships, develop the skills, tools and healthier communication styles for how best to support their loved one on the path to a healthier and sustainable recovery pathway.

Learn how to respond in a helpful way in the event of the seemingly dreaded "What If" (Relapse).

Understanding the nature of addictive disorders is a paramount component of repairing the fractured relationship and is the first step to making sense of such a difficult situation.

The second is communication, being heard and being able to connect to your loved one once again. The approach we use with families is compassion and restoring the love back into the dynamic, which we feel strongly is one of the key antidotes to addiction and repairing the relationship.



MEET THE TEAM!



Doug Vaughn MA, Adv Dip. MBACP. UKCP Reg
Counsellor/Psychotherapist

Doug is a highly experienced Integrative Psychotherapist accredited by the UKCP & BACP and has worked in the addiction field for 15 years, in both residential and community settings, He has an array of certified skills to draw upon. Doug is a mindfulness teacher, specialising in stress reduction (MBSR) and evidence based relapse prevention (MBRP)

Silvia Kreienkamp PG Dip Couns. Reg APM
Counsellor/Psychotherapist & Families Lead

Silvia is a registered Counsellor, psychotherapist and is our families lead. With over 10 years of experience in both residential settings and in private practice, Silvia is a highly experienced professional specialising in emotional processing, trauma resolution, stress reduction, relational dynamics, self concepts and self compassion. An all round seasoned professional who is dedicated and passionate about her work .



James Lee Dip.Couns. Reg APM
Integrative Counsellor

James is a highly regarded therapeutic counsellor, trained community and family mediator, restorative justice practitioner and the program's co-ordinator. With a broad range of skills, James's experience and specialty is on the importance of self compassion, helping to develop or restore a sense of worth, esteem, and the ability to find comfort in our own skin, which James passionately believes is the true antidote of addiction.



Georgia Daniel Dip.Couns. Reg APM
Integrative Counsellor & Holistic Therapist

Georgia is an exemplary teacher, holistic therapist, coach and counsellor, often combining holistic approaches with counselling and coaching. Georgia is incredibly passionate about supporting individuals she works with, to reconnect with themselves, their mind and body. Georgia is highly adaptive in her approach, combining both holistic body work with psychological therapies to help individuals achieve their goals



Ian Mann AdvP. Reg. APM
Advanced practitioner

With over 20 years experience working in the addiction industry. Ian utilises a wide scope of therapeutic models, skills and approaches to meet the needs of the individuals he works with. Passionate about his work, he will often bring different research and theories (psycho-education) into his sessions to aid and enhance an individuals journey, developing a deeper understanding and skills for healthier ways of living



Ben Findlay FDA Couns. MNCPs (Acc.).
Integrative Counsellor

Ben is an accredited member of NCPS (National Counselling & Psychotherapy Society), utilising an array of counselling approaches which he adapts to meet the needs of each person he works with. He is trauma informed, also trained and skilled in compassionate enquiry. He has extensive experience working in both private practice and in residential rehab settings. Highly experienced in facilitating group psychotherapy and working with families.



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Frequently Asked Questions

1. How much does this programme cost?

The total cost of this programme is £3250.00

2. Can I pay in installments?

We do not offer payment installments on this programme. Payment would be made in full and in advance

3. How would I need to make payment?

Payments can be made using either bank transfer, Credit card, debit card or by using paypal

4. Can I get a refund if I cancel after I have started?

We offer a 7 day refund guarantee if you cancel within 7 days of starting, where we will refund all of your money paid, minus a £150.00 cancellation fee. If cancelled after the first 7 days, we simply require two weeks notice and you will be refunded the difference.

5. How soon am I able to get started?

We aim to facilitate you enrolling and starting within 2-5 working days

6. Are the counsellors qualified?

The therapeutic team are ALL qualified professionals and have extensive experience working with addiction. Each member is registered with an active membership and/or accreditation with a relevant body such as the BACP, UKCP or the AP.

6. What happens if I relapse whilst on the programme?

Addiction is widely recognised as a relapsing condition and it is not doubt uncommon that people can relapse. In the event this were to happen, we utilise it as a learning opportunity rather than it be a failure, thus helping to prevent the same from happening again in the future.