



**LOW INTENSITY
ONEZONE
12 WEEK RECOVERY PROGRAM**

PROGRAM	Intensity LOW - 12 Week Addiction Recovery Program
INVESTMENT	£1245.00
PROGRAM INFORMATION	
Why do I need this program?	<p>Have you tried to stop using substances or addictive behaviours before but not been successful?</p> <p>Have you said to yourself “I’m not doing that again”, but been unable to sustain your change?</p> <p>Can stop for short period but keep returning to old ways?</p> <p>Don’t know or unsure why you find it so difficult to give up the substance or behaviour and keep going back to it despite the problems it’s causing you in your life?</p> <p>Hiding your using or behaviour from those that are closest to you?</p> <p>Relationships with family members, friends or loved ones have become strained as result of your addiction or behaviour?</p> <p>Your mood has been difficult to manage?</p> <p>Any of these sound Familiar?</p> <p>If so this program is suitable for you. If you do identify with any of the above, then this is usually an indication that you have progressed up the path of addiction.</p> <p>The Path to Addiction</p> <p>To begin with, it is important to say that no matter which substance or behaviour you may experience addiction with that there are various degrees of it. People may not be fully addicted to something but still, experience some of the downsides of addiction and need help to overcome it, especially if they don’t want to progress to its more in-depth stages.</p> <ol style="list-style-type: none"> 1. Use 2. Misuse 3. Abuse 4. Dependency

	<p>Addiction Step 1 – Use</p> <p>According to these stages, someone who gambles from time to time or who drinks alcohol at the weekend may be a user who has taken the first step towards misuse.</p> <p>Addiction Step 2 – Misuse</p> <p>Misuse is when such usage becomes habit-forming or goes beyond a ‘normal’ level such as every weekend or every couple of days.</p> <p>Addiction Step 3 – Abuse</p> <p>While abuse is when it starts to have a demonstrative effect on your well-being and that of those around you.</p> <p>Addiction Step 4 – Dependency</p> <p>A fully dependent person simply cannot do without their addictive substance and would suffer withdrawal if they did. However, it is important to reiterate that all four stages are a form of addiction. Too often, only dependent people regard themselves as addicted which means that more dramatic interventions are sometimes required.</p> <p>Remember, that it is never too late to address an addiction and receive the right treatment you need to help recover. Neither is it ever too early to do the same thing. In fact, the earlier the better!</p>
<p>Who is this program for?</p>	<p>Anyone aged 16+ who has a drug, alcohol or an addictive behaviour that is causing problems in their life. Who is able to stop for short periods of time but is not able to stay stopped.</p>
<p>Who is this program not suitable for?</p>	<p>Anyone who requires medical detoxification in the first instance however, this program can be applied once medical detox has been completed.</p>
<p>What problems can be treated?</p>	<p>The program is tailored to each person as an individual, meaning every program will vary and be adapted according to need and identified issues of the person engaging in it. Issues will be identified at the beginning of the program and a recovery treatment plan will be formulated to identify and work through problems unique to the person for example:</p> <ul style="list-style-type: none"> ❖ Not understanding Why ❖ Relapses ❖ Cravings ❖ Anxiety ❖ Stress ❖ Depression ❖ Mood Swings ❖ Anger

	<ul style="list-style-type: none"> ❖ Irritability ❖ Reactive ❖ Defensiveness ❖ Sadness ❖ Hurt/Emotional Pain ❖ Past Trauma ❖ Relationships (Co-Dependence/Attachment) ❖ Family Dynamics ❖ Communication ❖ Mental Focus ❖ Distorted Thinking ❖ Motivation ❖ Self-esteem ❖ Confidence
<p>How can this program help?</p>	<p>The first stage to resolving any problem is to understand the nature of the problem. This programs initial phase will enable you to learn and understand the nature of your addiction giving deeper insight.</p> <p>Once you are able to understand it better, you will explore the full impact/consequences your addiction/behaviour has had on your life and those closest to you. This is designed to help you not only work through any unhealthy defence mechanisms or residues of denial that keeps you stuck in the problem, but also helps make your addiction less attractive and recovery more attractive.</p>
<p>What is involved in the program?</p>	<p>Spread over a 12 week period based on 1 hr sessions per week, you will be assigned an addictions practitioner who will see you either face to face or through live Online Zoom sessions. (Or a combination of both subject to your agreement). Throughout your 12 week program (unless agreed otherwise). Depending on your circumstances or your recovery plan, you may be encouraged as part of your program to participate in live Online group sessions in Phase 2.</p> <p>You will also be provided with targeted assignments to take home with you to complete ready for your next session. This is to assist you to achieve your goals set out in your initial RECOVERY TREATMENT PLAN and to help you become the person you choose to be.</p>

	<p>This sample 12 week program is usually set out in 3 Phases:</p> <p>PHASE 1: PLAN & UNDERSTAND (Weeks 1 – 4) Recovery Planning & Goal setting Cycle of Change Addiction & The Brain Drama Triangle Transactional Analysis (TA)</p> <p>PHASE 2: EXPLORE & RESOLVE (Weeks 5 – 10) Consequences and damage Past specific difficulties (unique to person) The attraction of Recovery</p> <p>Phase 3: PREPARE & PREVENT (Weeks 11 – 12) Relapse prevention Toolkit exploring cravings, thinking, high risk situations and environments, giving the opportunity to implement new coping strategies to manage without the use of substances or addictive behavior.</p>
<p>Why is this program different?</p>	<p>This comprehensive program has been created from two decades of experience working within the residential addiction/mental health care industry, delivering a range of different modalities of addiction treatment. From these many modalities, we have chosen all the best and most effective elements to bring about a recovery pathway that is both effective and affordable.</p> <p>The ultimate outcome of the program design is to create and facilitate a NEW LIFE CYCLE.</p> 

<p>What to expect?</p>	<p>You can expect a discreet, confidential, compassionate, understanding and non-judgmental approach that is rolled into our 3 CORE AIMS & VALUES:</p> <div style="text-align: center;">  <p>Integrity - Genuine, honest, and truthful <i>We will be transparent, ethical, and truthful with all our customers and each other.</i> <i>Do the right thing even when no one is watching.</i></p>  <p>Accommodating - Nothing is too much trouble <i>We will go the extra mile and are always willing to adapt to deliver excellence.</i></p>  <p>Supportive - To Help is our privilege <i>We do our best to support all our customers and each other, striving to achieving agreed goals the best way we can.</i></p> </div>
<p>What you will need to do?</p>	<p>To get the best out of the program and to optimise your chances of a successful recovery, you will be expected to commit to weekly sessions and to complete all assignments on time and ready for the following session.</p> <p>Remember that the structure of the program depends on your commitment and you will get out of it what you put into it.</p>