Drug & Alcohol Treatment

Sunshine Coast Health Centre
A Non-12 Step Mental Health Program

Georgia Strait
WOMENS CLINIC

About This Treatment

In our mental health and addiction treatment programs, you receive daily group therapy and a minimum of one individual counselling session each week. By combining Meaning-Centered Therapy, Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, and Narrative Therapy, we are able to offer various individualized treatment options based on your needs identified by you and on the recommendations of our clinical staff. See our General Services brochure for more information on the clinical therapies and services we offer.

With addictions, we have a dual focus of supporting the client to maintain sobriety while also addressing coexisting concerns, such as relationship stress, depression, anxiety, financial stress, lack of social support, and poor emotional regulation. This approach is both abstinence-based in its focus on ongoing sobriety as well as psychotherapeutic with an emphasis on utilizing DBT and CBT interventions. Our goal is to have clients experience an increased quality of life post-treatment in addition to obtaining sobriety and reducing psychiatric symptoms.

Drug & Alcohol Treatment Overview

Individual Therapy

Psychological (or 'talk') therapy serves as the foundation of our clinical program because it is the most supported therapy in research. This is where you and your counsellor focus on the therapeutic relationship. To facilitate the client-therapist relationship, we utilize addiction counselling methods that reflect the Rogerian* principles of unconditional, positive regard, empathy, and genuineness.

Complementary therapies help round out our clinical program. Many of the complementary therapies we offer approach a traumatic or distressing memory that may not always respond to talk or drug therapy (such as EMDR).

**Note: 'Rogerian' refers to the pioneering work of psychologist Carl Rogers (1902-1987).*

Small Group Psychotherapy

Your relationship with your peers during your stay is an important part of your recovery as there is a tendency for those struggling with addiction to isolate during life's challenges. By sharing their experiences and supporting others who are struggling with similar issues, clients can experience strength in numbers. While many clients are initially apprehensive about small group therapy, their feedback later shows it's one of the highlights of an overall great program.

On the flip side, sharing intimate thoughts and living together for an extended period can also be the catalyst for romance in a co-ed residential care environment. Men and women in early recovery are particularly vulnerable to jumping into unhealthy relationships. This can have a devastating impact on marriages and have a "triangulating" effect in the peer group where jealousy can start. Our treatment centres are each intentionally women-only and men-only so that clients can experience the power of the peer group in a safe environment.