

CENTRAL POTENTIAL Maladaptive Substance Use and Behavioural Compulsions Recovery



Support is the Psynamo Group's Recovery Counselling Support service suite. This is a unique opportunity to work with ethical, sensitive and confidential professionals who will give you the supportive space you need and deserve. You will be held in unconditional positive regard and allowed to explore your own needs, feelings and thoughts to achieve more clarity, lower stress, raise mood, increase motivation and much more.

Recovery Counselling

We offer caring, empathic, confidential and efficacy-based recovery counselling services for a range of presenting issues including drug, alcohol, cigarette/cigar, gambling, internet, shopping, sex and other behavioural/process maladaptive behaviours.

Substance misuse and maladaptive behaviours are a complex concept that requires treatment through multiple stages of care and rehabilitation. Initially, we aim to arrange for any assessment and diagnosis, referral to other professionals and/or services as appropriate, identify an action plan for recovery, and maintain relapse prevention for a positive future whether your aim is harm reduction or abstinence. We've got you covered.

Counselling services can be carried out at any point in the recovery process starting with 1-1 counseling, group or family counselling or our counsellors can work alongside existing therapeutic programmes to offer after treatment care, continuing care and relapse prevention.

Individual counselling centres around either total abstinence or the minimisation of usage behaviours and a focus on solutions to cease destructive behaviors and unhealthy relationships. A recovery program with an emphasis on short-term goals and strategies to change patterns of behavior is structured for the individuals' needs.

Group recovery counselling and therapy can also be a successful way to help promote a healthier lifestyle and can significantly increase the chances of long-term recovery when integrated with other individualised forms of care.

Recovery Counselling Therapies We work with a variety of modalities when supporting all counselling clients but specifically use the following in support of addictions counselling.

Cognitive Behavior Therapy (CBT): CBT is a talking therapy that can help you manage your problems by changing the way you think and behave. CBT works under the assumption that your beliefs influence your emotions and your behavior, and that by identifying and addressing problematic thoughts you can help change your behavior and experiences for the better. CBT attempts to help clients recognize, avoid and cope. That is, recognise the situations in which they are most likely to misuse substances or carry out compulsive behaviours, avoid these situations, and cope more effectively with a range of problems and problematic behaviors associated with substance misuse.



Motivational Interviewing (MI): MI is a therapeutic style intended to help clinicians work with clients to address their ambivalence. While conducting a motivational interview, the clinician is directive yet client centered, with the goal of eliciting self-motivational statements and behavioral change from the client, and seeking to create client discrepancy to enhance motivation for positive change.

Client-Centered Therapy: Client-centered therapy, also known as person-centered therapy, is a non-directive form of talk therapy. Clients often do look to their therapists for some type of guidance or direction. Self-direction plays a vital part of client-centered therapy and the therapeutic relationship could lead to insights and lasting changes in a client.

Signs of Maladaption: Behavioral, Psychological and Physical

We may not always be aware that we or someone we love or care about has strayed into behaviour that is less than optimal. Sometimes we need others to help us recognise when we are showing signs of excessive or unusual behaviours. Here are some general indicators to help you think about what may worthy of investigating further. Give us a call if you unsure!

Physical Warning Signs

Deterioration in physical looks, hygiene and grooming	Drastic changes in appetite- weight loss & weight gain
Shifts in sleep patterns	Blood-shot eyes
Coughing	Pupils may become dilated
Tremors, slurred speech, impaired coordination	Unusual smells - breath, body or clothing

Behavioral Warning Signs

Isolating oneself in order to hide drug or alcohol use	Changes friends and hobbies - loss of interest
Drop in attendance at work/school	Letting responsibility slide, missing appointments
Financial problems - stealing	Frequently getting into trouble fights, accidents, illegal activities
Repeated unexplained outings, often with a sense of urgency - change in daily routine	Secretive, lying about where you are, where you are going, where have been
Strained relationships	Disappear for long periods of time

Psychological Warning Signs

Appearing fearful, anxious, or paranoid without reason	Appearing lethargic or spaced out
Changes in energy suddenly and extremely tired or energetic	Lack of motivation
Sudden mood swings, angry outbursts which are uncharacteristic	

