

VISIONS

by Promises

Family Program

with Andy Leach &
Sharmini Winslow



OUR GOALS

The aim of this eight-week Family Program is to equip families with knowledge, support, and genuine coping tools, to be better able to support not only themselves but the addict in recovery. It is our belief that this work is essential to the long-term success of our clients.

ABOUT OUR PROGRAM

This will be an eight weekly group and will be a combination of psychoeducation and experiential learning about the illness of addiction. This will be an opportunity to process thoughts, emotions, and questions about the effect that addiction has on families. We will also be providing you with tools to help you deal with what are often very challenging situations and events.

Addiction in all its many forms affects not only the addicted but families as well. It is of utmost importance that families are aware of what they are dealing with and develop strategies to cope with an illness that can have a severe impact on the entire family system.

In the work we do with our clients who have the illness of addiction, we ask them to change, develop and grow away from unhealthy coping strategies. If they return to a family system (whether a nuclear family or family of birth) and the system has not grown and developed, there is a danger that the client and the family will fall back into unhealthy patterns that can facilitate a relapse and undo all the good work that the client may have achieved so far.

In this supportive program, we will explore and come to understand exactly what the disease of Addiction is. We will look at the progression of the illness and how the family system is equally as affected as the addicted themselves. Also addressed will be the role that Denial takes in addiction both for the addict and the families. We will introduce the concepts of Co-dependency and Prodependence and ask questions as to what constitutes enabling and what constitutes support. The role of boundaries and assertive communication will be stressed and learnt, and we will help you detail recovery plans for triggers and high-risk situations.



ABOUT OUR FACILITATORS



Andy Leach M.A MSAT. APACS L4 is an experienced addiction therapist. He has been working in the field of addiction for 15 years. For the last 9 years, he was employed by the Cabin Chiang Mai as their Clinical Lead in Asia. He has recently joined Promises as Director, Addiction Services. He has a passion for recovery and has an in-depth understanding, both personal and professional, of the potential pitfalls people can face.

He welcomes the chance to support you in your recovery in any way he can.

Sharmini Winslow graduated from the University of California, Irvine with a Bachelor of Fine Arts in Dance, and went on to earn a Masters in Counselling from Monash University, Australia.

Her work includes stress management, altering perspectives, grief work and catharsis of emotions. She facilitates 12-Step recovery and Motivational Interviewing in her work with addicts. Her work with Relationship Trauma Repair has helped facilitate healing for many of her clients using a multi-sensory approach.



"SUPPORTING YOUR FAMILY THROUGH RECOVERY"

These groups will be charged at 125 SGD per session.
An 8-group session package will be charged at 950 SGD.
It is recommended that clients sign up for the full 8 group package.
These will be in-person groups and will be held in-person on
Monday evenings from 18.30 – 20.00.

Sign up with the front desk or write to clinic@promises.com.sg.