




a new beginning

THE SECONDARY PROGRAMME



Residential Substance Misuse & Addiction Treatment Specialists



It is widely acknowledged and evidenced that the longer a person engages in structured addiction treatment, the better the long term outcome will be.

Our secondary programme will allow you to build upon your personal resilience to relapse by enhancing your emotional growth via the complementary therapies and continued engagement with the PCP counselling team.

The secondary programme will also give you the confidence and skills required to help to re-integrate and become a participating member of society.

It will also really help you with the transition from treatment back into the real world, whether this be back at home or as part of our third stage supported housing programme.



Helpline: 08000 380 480

THE NEXT STEP

The aim of PCP's secondary treatment programme is to help you to build on the foundations of your primary treatment and allow you the opportunity to independently explore the next steps in your life, whilst still having the support of the counselling team.

Despite the strong element of independence and personal responsibility within the primary treatment programme, it is widely acknowledged that life after the structure and intensity of residential rehab can be difficult to adapt to.

In secondary you will be supported to have more freedom and independence which should help bridge the gap to normal living. In collaboration with your focal counsellor and the secondary treatment coordinator you will devise your own timetable to incorporate all of the different options available to you.

We hope that the following combination of secondary treatment options will give you even more skills, confidence and emotional maturity to live a happy, successful life in recovery.



A handwritten signature in black ink, appearing to read 'P. Clayman', written on a white background.

Perry Clayman
Managing Director





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EQUINE ASSISTED PSYCHOTHERAPY (EAP)

The EAP team will guide you through a range of exercises which will encourage you to be creative in the way you respond to real life situations and reflect on the impact this can have on others.

Horses are herd animals and naturally want to form bonds. This can help humans in their relationship building. You will learn to 'lead' the horse, which enhances confidence and assertiveness skills.

Horses also have an innate ability to mirror human thoughts and behaviours. This helps individuals to challenge how they come across to other people and develop more positive body language and a sense of calmness.

For these reasons, Equine Assisted Psychotherapy can help with the following:

- ▶ Anger Management
- ▶ Anxiety
- ▶ Trauma
- ▶ Confidence Building
- ▶ Communication Skills
- ▶ Relationship Building

Equine Assisted Psychotherapy is particularly well known for its ability to foster change and promote emotional growth.



EMDR

EYE MOVEMENT DESENSITISATION AND REPROCESSING

When something traumatic has happened to you, the memory of your experience may come crashing back into your mind, forcing you to relive the original event with the same intensity of feeling - like it is taking place in the present moment.

These experiences that pop into your awareness are thought to occur because the mind was simply too overwhelmed during the event to process what was going on. As a result, these unprocessed memories and the accompanying sights, sounds, thoughts and feelings are stored in the brain in 'raw' form, where they can be accessed each time we experience something that triggers a recollection of the original event.

The process of EMDR can alter the way these traumatic memories are stored within the brain - making them easier to manage and causing you less distress.

Reported benefits of EMDR include:

- ▶ A reduction in re-experiencing trauma memories.
- ▶ Feeling more able to cope with and manage trauma memories without needing to avoid potential triggers.
- ▶ Feeling more able to engage in and enjoy pleasurable activities and relationships.
- ▶ Reduced feelings of stress, anxiety, irritation and hypervigilance - allowing you to rest well, address pressure and/or conflict and go about your daily business without feeling fearful and prone to panic.
- ▶ Reduced feelings of isolation, hopelessness and depression.
- ▶ A boost in self-confidence and self-esteem.



YOGA THERAPY

Yoga means 'Balance'. An important part of a successful long term recovery is to find balance not only in body and mind but also in the practical elements of life such as work, socialising, hobbies, relationships etc.

Yoga is a physical, mental and spiritual discipline which uses a combination of movements, postures, breathing techniques and mindfulness meditation to balance the body and the mind. Yoga Therapy has been evidenced to help with pain management, depression and trauma.



EMOTIONAL FREEDOM TECHNIQUES (EFT)

EFT is a universal healing tool that can provide impressive results for treating physical and emotional problems. It is often referred to as 'tapping therapy' as the process involves gently tapping on meridian energy points on the body whilst the therapist helps you to focus on an emotional issue and 'unblock' or 'release' the negative energy associated to it.





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EDUCATION, TRAINING AND EMPLOYMENT

Recovery from addiction is not just about achieving abstinence, it is about moving on and engaging with life, which is what the secondary programme is all about. Studies have shown that treatment outcomes are higher for those who are in or seeking employment, engaging in training and education and have support networks in place.

With this in mind, as part of your secondary programme we will link you in to one of PCP's many partner voluntary work and education providers. Voluntary work has many benefits including relationship building, communication skills and often leads into paid work.

We understand that everybody has different interests and goals. You will receive a weekly one-to-one key working session to make sure your voluntary placement is tailored to fulfil your individual needs and give you the best chance of a pathway into a positive and meaningful life.



GYM

In secondary you will be provided with membership of a local health club/gym and these sessions will be structured into your secondary timetable as part of your weekly routine.

Research suggests that physical exercise can create lasting positive effects on the lives of those in early recovery. Good physical health also improves your mental wellbeing, self-esteem, stress levels, coping mechanisms and social skills.



WEEKENDS

Having a stable family life, positive relationships and a good support network are important to long term recovery. In order to help re-build trust and slowly re-integrate back into your family life we encourage you to have extended visits or spend the weekend at home.

The reason for this is to experience home life with family or friends whilst still receiving the ongoing support of PCP.

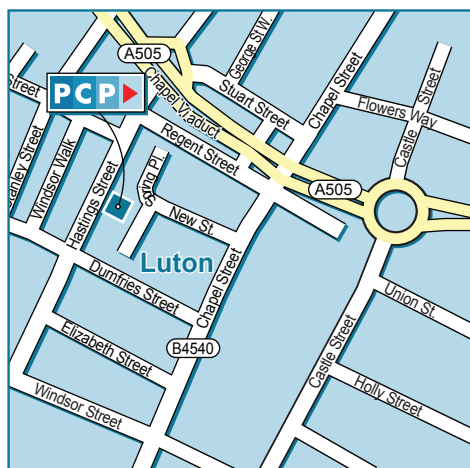


*Here is an example of a weekly timetable for the secondary programme at PCP.
You will meet once a week with the secondary coordinator to design and customise
your timetable to meet your individual needs.*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 - 10AM	Equine Therapy	Voluntary Work Placement	1-2-1 Counselling	Voluntary Work Placement	EMDR	Home Visit	
10 - 11AM			Educational Training / IT Course				
11AM - 12PM	EFT				Life Skills Group		
12 - 1PM							
1 - 2PM	Lunch		Lunch			Art Therapy	
2 - 3PM	Gym		Yoga Therapy	Key-working / Next Week's Timetable	Gym		
3 - 4PM	Group Therapy				Group Therapy		

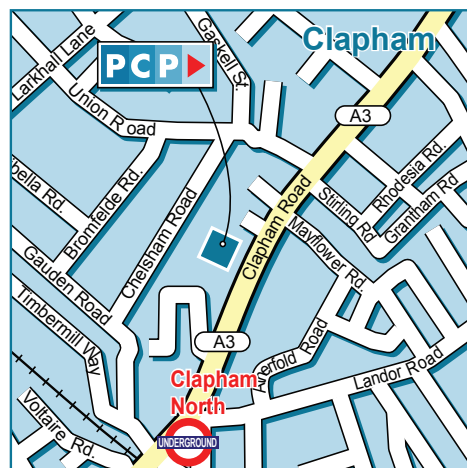


CONTACT US



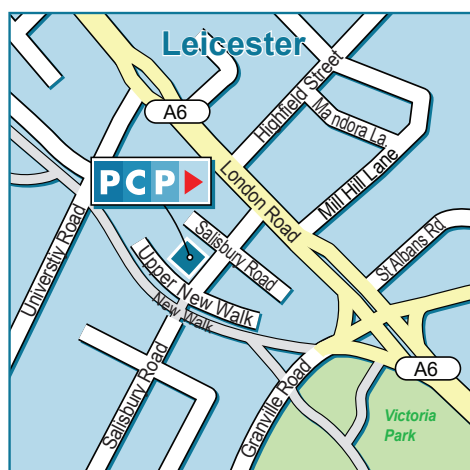
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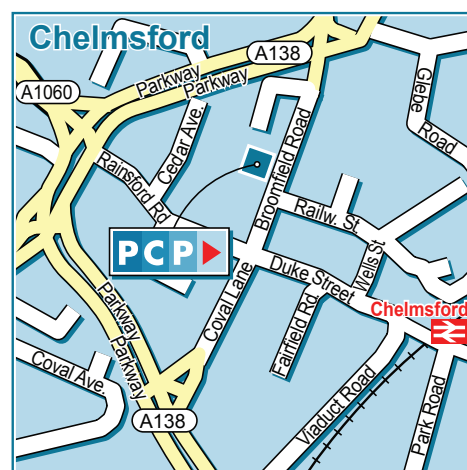
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