



Relationships

Addressing relationship struggles

We can involve and support your family and loved ones throughout your treatment, where this is helpful and beneficial to your recovery.

Upon admission as an inpatient, we provide family members with reassurance and updates on how you are settling in, and guidance on how they can be involved in the recovery journey, where this is helpful and with your consent.

Our therapists support families to understand their role in recovery, with many addiction services offering family sessions during treatment and for up to a year afterwards to help loved ones support recovery.

We can also arrange access to specialist family therapy, or couples therapy, where appropriate, for any of our treatment pathways.

We provide all the tools you need to nurture and rebuild relationships with your loved ones.

For inpatients, our hospital sites encourage family visits several times a week, where this is appropriate and beneficial for your recovery. Families are also welcome to dine with you and spend time together during their stay.

You'll be supported to explore your communication style and its impact on relationships, while building practical strategies, interpersonal effectiveness and insight into underlying beliefs and patterns.

You'll be signposted to additional support, including peer groups, befriending services, neurodiversity-focused resources and education groups, such as ADHD parent groups, to strengthen understanding and relationships.

A trauma-informed approach, helping you make sense of complex relationships and their impact on your wellbeing.

We support you to explore how your early experiences and relationships with key caregivers have shaped your emotional and social development, helping you to understand any unhelpful patterns that may have formed.

We use specific psychological theories to help you explore the different roles you may adopt within relationships – such as 'rescuer' – and to understand how these roles influence your automatic responses to others and yourself.

We support you to explore your attachment styles and patterns of behaviour, helping you gain a deeper understanding of yourself and others, recognise your triggers, and develop healthier ways of engaging and responding.

We offer psychoeducation to help you understand and navigate relationships, using a range of therapeutic models and guided experiential discussions.

We help you reflect on relationship patterns and attachment styles, including people-pleasing, avoidance, dependence and co-dependence, supporting insight and the development of healthier ways of relating to others.

You'll be supported to understand what healthy relationships look like for you, including the importance of boundaries and assertiveness, recognising unhealthy dynamics and building the confidence to step away from relationships that aren't supportive.