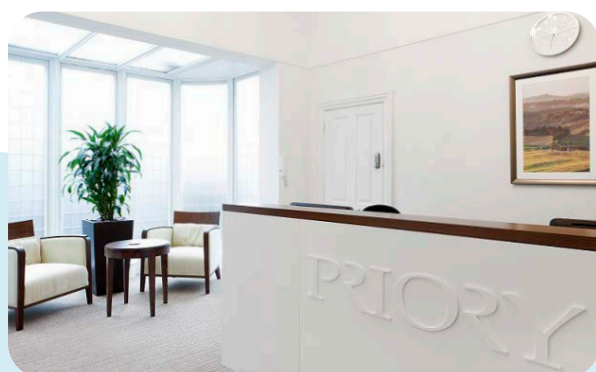




# Wimbledon Park Clinic

## Two-day addiction programme for families

**Our two-day family programme has been created to help individuals heal, repair, and strengthen family relationships and dynamics that have been impacted by addiction.**



### Who is the group for?

Open to all families and that have been impacted by a loved one's addiction

Participants do not have to have had prior engagement with our addictions support programme

### The benefits of our programme

Split across two full days at Priory's Wimbledon Park Clinic this family group is facilitated by trauma-informed therapists who combine psychoeducation, open discussion, experiential practice and reflection – giving the opportunity to deepen understanding, with others who are experiencing what you're going through.

Our supportive and confidential group sessions will enable you to develop insight, understanding, and awareness of the impact of addiction as well as gaining skills and resources in promoting familial relationships. In turn, this can have a positive impact on a person's wellbeing, having the opportunity to share experiences, receive feedback, and connect with peers who are also in the midst of navigating such struggles.

## Course timetable

### DAY 1 – Understanding the landscape

#### 09:30 -10:00am – Welcome and orientation

- + Introduction to the team and programme structure
- + Group agreements and confidentiality
- + Ice-breaker activity: 'What brings you here?'

#### 10:00 -10:45am – What is addiction? A systemic view

- + Defining addiction: bio-psycho-social-spiritual model
- + Addiction as a family/systemic illness
- + How shame, trauma, and disconnection fuel the cycle
- + Visual: The ripple effect of addiction on the family system

#### 10:45-11:30am– Psychoeducation: family systems and co-dependence (Pia Mellody)

- + Overview of Pia Mellody's developmental immaturity model
- + Roles in dysfunctional family systems
- + Reflection: 'What roles have I played in my family system?'

#### 11:30-11:45am – Break

#### 11:45-1:00pm – Boundaries and emotional regulation

- + Understanding healthy vs. unhealthy boundaries
- + Al-anon principle: Detachment with love
- + Practice: 'Where do I end, and you begin?' (boundary-mapping exercise)

#### 1:00-2:00pm – Lunch Break

#### 2:00-3:30pm – Addiction as a family disease and the drama triangle

- + Understanding addiction's impact on the whole family
- + Introduction to transactional analysis
- + Drama triangle (victim, rescuer, persecutor)
- + Activity: Spot the triangle (scenarios and discussion)

#### 3:30-3:45pm – Break

#### 3:45-5:00pm – Family grief, anger and guilt

- + Unpacking the emotional toll of addiction
- + Journaling prompt: 'How has my loved one's addiction affected me?'
- + Optional sharing circle: 'What I've held inside'

### DAY 2 – Repair, reconnect, and realign

#### 9:30-11:00am – From drama to empowerment

- + Review drama triangle
- + Introduce empowerment triangle:
- + Practicing staying in adult ego state
- + Role-play: Drama vs. empowered response

#### 11:00-11:15am – Break

#### 11:15- 12:30pm – Tools for recovery: 12 steps and holistic healing

- + Introduction to the 12 steps: purpose, process, and spiritual (not religious) foundation
- + How Al-anon and AA/NA support healing through parallel steps
- + Introduction to holistic recovery approaches
- + Activity: Creating a 'whole-person wellness map'

#### 12:30-1:30pm – Lunch break

#### 1:30-3:00pm – Family/couples session: getting honest

- + Preparation and ground rules
- + Options based on readiness
- + Guided prompts

#### 3:00-3:15pm – Break

#### 3:15-4:30pm – Integration circle: what's next?

- + Identifying ongoing support
- + Group reflection: "One truth I'm taking with me"
- + Ceremony or symbolic closing

#### 4:30-5:00pm – Farewell and feedback

- + Feedback forms
- + Participation certificate (optional)
- + Closing gratitude practice

## Contact us

For more information, please contact Wimbledon Park Clinic on **0208 971 9660** or by emailing **wimbledonpark@priorygroup.com**.

For the most up to date information on our services, please visit our website.