

# Elevate 12

## Strengthening recovery and rebuilding your future

**Elevate 12 is a 12-week online addictions treatment programme that incorporates different models of therapy – to help you understand your addictive behaviours, and learn how to make positive changes to your life as a result.**

It helps individuals where 1:1 therapy may not provide enough support. You may be looking for education and to develop an understanding and the skills to manage your addiction. It also helps those who would welcome a flexible and remote programme, that you can fit around your other commitments – the group therapy sessions are held online in the evenings.

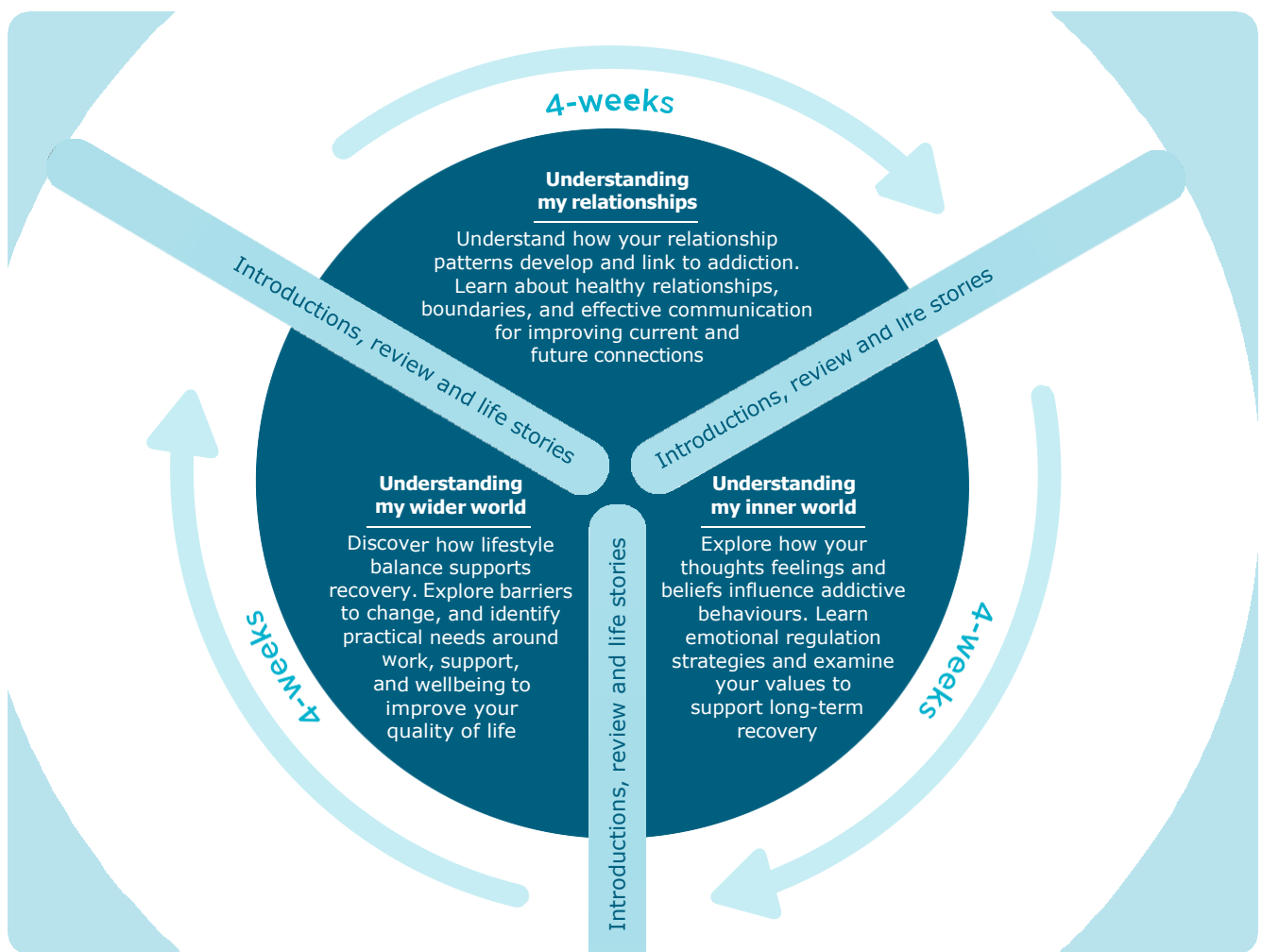
### Elevate 12 overview

- + Support for substance, alcohol or behavioural addictions
- + 12 week online programme offering a wide range of understanding, reflection and new skills, to support you to live your life
- + Two online groups per week, which run for 2.5 hours each, in the evening
- + Weekly 1:1 session with your dedicated therapist, enabling you to discuss your new skills and your progress

Elevate 12 is delivered by Priory's expert addiction therapists and does not involve any psychiatry or medical teams. Should it be deemed suitable for you to see any other professionals during your treatment, this can be discussed with our teams and recommendations made.

## Programme structure

- + You will receive weekly 1:1 sessions. Your first one is a 'pre-commitment' session with one of our addiction therapists, providing all the information you need and to set clear goals. The remaining 11 sessions are then scheduled to suit your availability
- + The programme is comprised of 3 modules. You can join at the start of any module, allowing you to hear from a wide range of people at different stages of their journey and recovery. Evidence shows this is highly effective component when supporting others
- + We will invite family members to attend our 'family support programme', whilst you're attending your programme, as we know how important it is to offer them support too
- + Your final 1:1 session will review if you have met your goals, and discuss what your continued support network may look like
- + You will then be invited to attend a remote weekly Priory aftercare support group – free for 12 months



## More information and next steps

- + The two-weekly group sessions will take place online, at 6.30pm – 9pm on Tuesdays & Thursdays
- + Alongside your group sessions and 1:1 therapy, you also gain free access to Priory's 12-month aftercare

Priory offers a free addiction assessment, so we can fully understand your symptoms, issues and goals; and if eligible, we can offer our Elevate 12 programme, which costs £4,128.

**Tel: 0330 056 6041**

**Visit: [Priorygroup.com/addictions](https://www.priorygroup.com/addictions)**