



Wimbledon Park Clinic

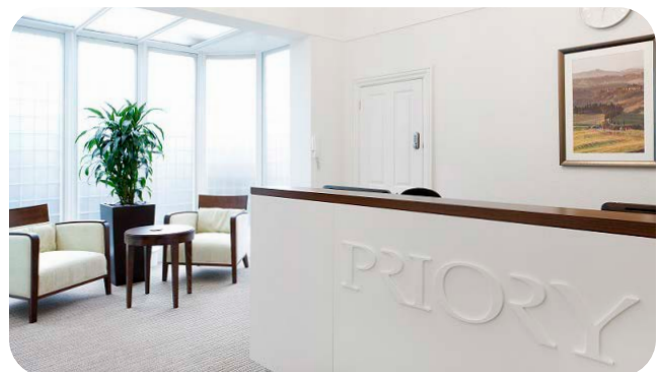
Two-day addiction programme for families

Addiction can have a lasting impact on every area of life, even after initial recovery. Our two-day programme helps you to strengthen your relapse prevention skills, heal relationships and integrate your emotional experiences.

Split across two full days at Priory's Wimbledon Park Clinic this family group is facilitated by trauma-informed therapists. Families of those with an addiction will benefit from a supportive environment that combines psychoeducation, open discussion, experiential practice and reflection – giving the opportunity to deepen understanding, with others who are experiencing what you're going through.

Our specialists

Our addiction specialists use evidence-based techniques to support you in integrating your emotional experiences, deepening your self-awareness and enhancing your long-term wellbeing. In our supportive and confidential group sessions, you'll develop practical skills and strategies to protect your recovery, reduce your risk of relapse and improve your quality of life. You'll also have the opportunity to share your experiences, receive feedback and connect with others on a similar journey.



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.