

The phases of Wedge Garden’s Full Circle Recovery Programme include:

1st Phase
- Assessment -
Key programme elements
Assessment
Key outcomes
Detoxification and stabilisation of physical condition. Initiation of self-awareness. Maximize effect of external motivation.
Sub-elements of programme
Initial assessment interview. Completion of assessment instrument. Feedback provision.
2nd Phase
-Intervention-
Key programme elements
Knowledge transfer and internalisation of motivation.
Key outcomes
Knowledge transfer - “Un-freezing” of patient, vulnerability development, knowledge transfer and internalisation, self-identification of condition.
Internalisation of motivation - self association with condition, internalising motivation, making a commitment to sobriety, reinforcement of benefits.
Sub-elements of programme
Group education, group therapy to integrate, Individual therapy to internalise, group skills training, problem solving skills, personal strategy development.
3rd Phase
-Recovery and reintegration-
Key programme elements
Recover and Rebuild and Re-integrate
Key outcomes
Action planning for new lifestyle, skills training, internalising new skills and actions, family intervention.
“Re-freezing” – ensuring sustainability in new course. Maintenance of sobriety.
Sub-elements of programme
Communication skills, stress management skills, conflict management skills, self-esteem reinforcement, assertiveness, planning skills.

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