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## THE FOUNDATION CLINIC | RECOVERY WELLNESS OUTPATIENT PROGRAMME

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The Recovery Wellness Coaching Programme is a combination of adult education, systemic coaching, and peer support.

### THE RECOVERY WELLNESS OUTPATIENT PROGRAMME @ R18,950.00 INCLUDES:

- Recovery coaching, adult education, and peer support.
- A three- to six-week core coaching programme.
  - Minimum recommended attendance in this initial phase is 3 – 5 times/week.
- The cost of the programme is for the initial 6-week period.
  - Following the completion of the intensive phase, clients are given free access to the groups for a total of 12 months.
  - After 12 months there are reduced rates available for continuation programmes.
- The groups sessions run 5 days/week as follows:
  - Monday – Thursday | 4:00 – 6:00pm
    - Wednesday Family Session | 4:00 – 6:00pm
  - Friday | 3:00 – 4:30pm
- 6 Individual recovery coaching sessions.
  - If you do not wish to engage in the coaching sessions, the price is R13,950.00.
- The programme DOES NOT include drug testing which can be arranged separately if required.

### FORWARD-FOCUSED, SOLUTIONS-DRIVEN COACHING TO ADDRESS:

- Management of mental, emotional, physical, spiritual, and social health.
- Personal and professional stress management.
- Creating integration and flow between personal and professional goals.
- Relieving mental, emotional, and physical fatigue and burnout.
- Overcoming low productivity and reconnecting with meaning and purpose.
- Substance use management.

### THE PROGRAMME FOCUSES ON:

- Creating personal and professional well-being using practical tools and methodologies.
- Clarifying what your values are, and then putting these ideas into practice.
- Moving from where you are to where you want to be in a realistic, achievable way.
- Harnessing the meaning and purpose in your life to move towards fulfilment and joy.
- Creating healthy, sustainable resources allowing you to minimise self-sabotaging and destructive behaviours.
- Embracing motivation and inspiration through action.
- Liveable, practical ways to achieve deepened well-being, peace of mind and calmness in your life.

**THE FOUNDATION CLINIC PR047 000 0281360**

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## CLIENTS WILL LEARN PRACTICAL TOOLS AND TECHNIQUES FOR SETTING LONG-TERM GOALS AND DEVELOPING SHORT-TERM STRATEGIES AROUND:

- Personal wellness
- Relationships
- Mental health and wellbeing
- Emotional agility and -maturity
- Spiritual connection and peace of mind
- Personal and professional growth and development

## TOPICS THAT ARE COVERED DURING THE COACHING PROCESS INCLUDE, BUT ARE NOT LIMITED TO:

- Developing a personal wellness plan.
- Determining and incorporating personal beliefs and values into daily life.
- Understanding our needs and wants and being able to set healthy boundaries.
- Rebuilding recovery capital which is the breadth and depth of internal and external resources.
- Identifying and responding to triggers and stressors.
- Understanding and creating healthy personal and professional relationships.
- Undertaking effective goal setting and action planning.
- Exploring healthy lifestyle choices that work for the individual!

During the initial phase of the programme, the client may choose to engage in six individual recovery coaching sessions to assist with their personal development and recovery process. These sessions can be scheduled at the clinic or online, and two of the sessions may include your partner, close friends, or family. The session is limited to yourself and two other participants. These are NOT couple's coaching/counselling sessions but are focused on your recovery and creating resources to support one another in the process.

The outpatient RWP offers a multi-dimensional, holistic approach to recovery and wellness, bringing together various therapeutic, coaching, behavioural, social, spiritual, and educational schools of thought to create this unique programme. The programme is designed to equip you with tools, techniques, practices, and knowledge that you need to lead a fulfilled, purposeful life with sustainable recovery.

## UNFORTUNATELY, SUBSTANCE USE OUTPATIENT PROGRAMMES ARE NOT COVERED BY MEDICAL AID!

We are happy to discuss short-term payment plans for the cost of the programme. Payments are made to The Foundation Clinic via EFT, credit card, or cash.

**If you are still using substance, please be mindful that you should seek medical advice with regards to safely detoxing, especially in the case of alcohol and benzodiazepine use, as these require medical supervision and advice.** No individual should simply stop using substances

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as this can lead to medical, physical, and mental health complications. We are more than happy to support you with referrals to the necessary mental health and medical professionals.

**PLEASE be aware that you are NOT PERMITTED to join/attend the group sessions under the influence of mind-altering substances.**

If you are detoxing or taking specific mental health medications this is different, as long as you are not misusing/abusing your medication(s). Attending under the influence or in a state of extreme “come down” is upsetting and unsettling for the clients who are committed to their process and creates an overwhelming and unsettled environment. PLEASE respect this request, because if attending under the influence you will be asked to leave the group session on that day to protect the integrity of the programme and your peers’ wellbeing.

The clinic does offer medical detox and inpatient programmes for clients who are battling to stay connected to their recovery process. If you need extra help, please discuss this with the programme manager or one of the clinic’s team members.

### **RECOVERY COACHING IS ABOUT:**

**CREATING** a safe, collaborative space to explore possibilities and the availability of personal and community resources to aid sustained recovery.

**DEVELOPING** a recovery plan in line with your personal and professional needs, wants and values.

**ESTABLISHING** healthy, self-loving boundaries to build strong, interdependent, adult relationships.

**FINDING** the answers to your personal truth, and creating meaning and purpose, so you can live an empowered, authentic life.

**IDENTIFYING** self-destructive and harmful triggers that could result in lapse or relapse, and effectively learning to deal with these issues in daily life with the use of forward-focused and solutions-driven tools and techniques.

**LEARNING** about the physiological and neurological elements of substance use and addictive disorders, and what the major causes of substance use are believed to be.

**REBUILDING** recovery capital which are your internal and external recovery resources, in the physical, mental, emotional, social & spiritual areas of your life.

**SETTING** realistic, long-term goals and developing short-term action plans to achieve them within reasonable time frames.

**UNDERSTANDING AND CHALLENGING** faulty, habitual thought patterns, habits, and behaviours, and replacing them with effective ways of dealing with potentially difficult and challenging situations.

**WORKING** in a collaborative, accountable relationship with a coach and a peer group to achieve a more balanced, mindful approach to sustainable recovery and wellness.

## RECOVERY COACHING IS NOT ABOUT:

**FRAPPING:** fixing, rescuing, advising, or projecting our emotions, experiences, feelings, and solutions onto others.

**BEING SICK:** in the coaching container you are a well person who is best able to develop your recovery plan.

**TREATING ADDICTION:** recovery coaching operates within the wellness and positive psychology paradigm and is not a replacement for substance use and addictive disorders treatment.

**REVISITING THE PAST (TOO OFTEN) AND THE CAUSES OF ADDICTION:** it's about moving forward in a solutions'-driven, goal-orientated way and not getting caught in the past.

**BEING GIVEN ADVICE AND ANSWERS TO YOUR QUESTIONS:** you have all the answers you need inside yourself, and we are here to meet you where you are.

**BEING TOLD WHAT TO DO AND HOW TO DO IT:** the long-term goals you choose and short-term plans you make will be your own.

**HOLDING ONTO GUILT, SHAME & ANGER:** it's about letting go of the past, embracing forgiveness and learning to live in the present.

**COACHING AND FACILITATION ARE CLIENT-DRIVEN AND DELIVERED BY QUALIFIED AND EXPERIENCED RECOVERY COACHES WHO USE A SYSTEMIC APPROACH TO SUPPORT YOUR PERSONAL PROCESS.**

There is an educational element to the Recovery Wellness Programme that supports clients in better understanding their substance use disorder and how to create a sustainable recovery, whether in a personal or professional capacity. This also gives clients an opportunity to learn new tools and skills that will empower them in their process. By being responsible for their personal development, clients will be better equipped to manage their recovery in a holistic and honest way.

We recommend clients having a notebook or learning journal to record thoughts, ideas, and experiences, and complete some of the activities in more detail.

If you have any questions, please don't hesitate to reach out to me.

Yours in Recovery and Wellness,

*Leigh-Anne Brierley*

Programme Manager and Lead Coach

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