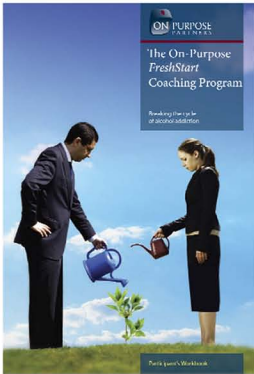


The On-Purpose *FreshStart* Coaching Program



Program Outline:

Phase 1 – New Beginnings

- Five 2 hour face-face weekly sessions
- Access to and use of our comprehensive, innovative and unique On-Purpose FreshStart Recovery Workbook
- Up to 10 hours follow-up teaching and learning materials for the client
- Phone calls and emails between sessions
- Recovery partner involvement

Phase 2 – Continuing Care

- Up to 11 more months followup by phone, email, and/or webcam where available
- Weekly sessions in month 1 of continuing care
- Fortnightly sessions in months 2-11
- Up to 20 hours of additional teaching and learning materials for the client

Principal Coaches
Angela Gifford MEd
Dr Edward Gifford

We have other trained coaches and therapist to assist in the delivery of this coaching program in WA, NSW and Victoria

Program Overview

Developed and trialled over three years, this is an Alcohol Addiction Rehabilitation Coaching Program. The On-Purpose FSCP is designed to accompany medically based interventions and runs over a 6-12 month period. (This program has also been successfully used with Naltrexone Implant recipients).

Features of the Alcohol Rehabilitation Program

One-on-one interaction

The On-Purpose FreshStart Coaching Program is conducted through a series of private sessions that involve the client, their accompanying recovery partner and the On-Purpose FreshStart Coach professional. Experience has taught us that these individualised and highly focused sessions are considerably more effective than group therapy.

Alcohol addiction-specific therapy

In most treatment facilities, alcoholics attend group sessions with patients suffering with a variety of addictions ranging from pharmaceutical painkillers to heroin. The psychological drivers of these addictions vary widely, and as such, group treatment cannot focus on the needs of any one addiction group. The On-Purpose FreshStart Program is designed to provide a recovering client with the specific tools required to deal with their addiction and rebuild their Life Plan and maintain a future free from alcohol.

The client's recovery partner is involved in the process

For this first phase of the coaching program, the participant is encouraged to be accompanied by a recovery partner. The recovery partner will play an important role in the client's recovery in terms of support and accountability.

Coaching Methodology

Depending on how the client presents, we use a variety of psychological and behavioural based methodologies.

These include:

- ACT – Acceptance and Commitment Therapy
- CBT – Cognitive Behaviour Therapy
- PURPOSE – The On-Purpose *FreshStart* Coaching Model

INVESTMENT

(A corporate licence fee can be negotiated as well as a monthly rate person)

For further details contact On-Purpose Partners

Ph – 07 5502 6644 info@on-purposepartners.com