

Group Boundaries

We know that people may be uncertain or nervous about being in a group setting and it may be useful to consider most people attending the group may be feeling the same.

We understand and appreciate these concerns are by no means unusual. It is important your rights to privacy are respected by group members.

What we do ask is that you have an open mind and a willingness to participate in the group process. You will not need to share any information with the group that you do not feel comfortable in doing so.

The group boundaries are one way your safety will be maintained.

We expect all clients to be aware of and to abide by the following group rules:

1. Respect confidentiality
2. You are not required to reveal things about yourself that you do not wish to.
3. Non judgement and acceptance of others.
4. Valuing the importance of group.
5. Recognising the available support in group.
6. Respecting others (using constructive criticism, no 'name calling')
7. Do not attend under the influence of alcohol
8. No smoking is permitted in the building
9. To attend the groups on time.
10. To talk with their Recovery Worker or one of the group leaders if they have a problem that may affect their attendance in the group.
11. To be able to attend all three groups

For a place on this group, please speak to your recovery worker to be referred.

This group is 1 session a week over 3 weeks, and is a closed group - meaning no-one new can join once it has started

This document can be made available in other languages and formats. For more information telephone 01803 219700



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Preventing Relapse

A group for people wanting to address their drinking



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Working with you, for you

Session 1

Introduction

- What is relapse prevention?
- Cycle of change
- Why do we drink?
- Drinking goals
- Hierarchy of values
- Medical Models

Session 2

What are my high risk situations?

- Identification of warning signs of relapsing.
- Seemingly Irrelevant Decisions (SIDs)
- unhealthy thinking/ permissive thoughts
- Cravings—Cravings diary
- Refusal skills and “I” statements

Session 3

Relapse prevention tool box

- DEADS
- Play the tape forward
- Work/life balance
- Cost Benefit Analysis
- Relaxation and Mindfulness
- Mutual Aid

“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” – Jimmy Dean

Questions to consider

These questions need to be answered before coming to the group:-

What is my drinking goal? Please list below what your goal is? If it is controlled drinking, think about amount of units, time of day, maximum/minimum units etc

Have I tried this goal before?

What was my last goal?

Am I doing anything different this time around, and if so what?

On a scale of 1-10 how confident do I feel about achieving this goal ?

1 2 3 4 5 6 7 8 9 10