

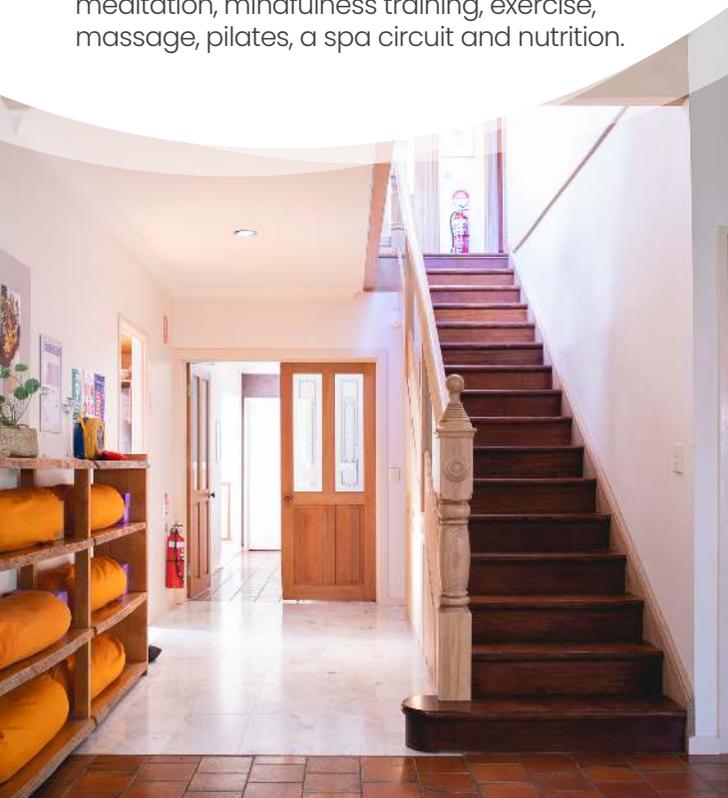
## Four Week Rehabilitation Program

The Buttery is a not-for-profit organisation that has been helping people with alcohol and other drugs misuse and mental health concerns since 1973.

The Buttery Private is a social enterprise of The Buttery. As a not-for-profit charity, surplus funds generated from the Buttery Private are reinvested into The Buttery's other programs for people on income support to access.

The Buttery Private uses best-practice psychological techniques to bring about lasting change.

As well as regular one-on-one counselling with a dedicated counsellor and group sessions, participants can choose from a range of other therapies including yoga, meditation, mindfulness training, exercise, massage, pilates, a spa circuit and nutrition.



THE BUTTERY PRIVATE

Connected communities

Valued people

Collaborative partnerships

**Phone: (02) 6687 1111**

Email: [intake@buttery.org.au](mailto:intake@buttery.org.au)

PO Box 42 Bangalow NSW 2479

**To donate visit**

[buttery.org.au/make-a-donation](https://buttery.org.au/make-a-donation)

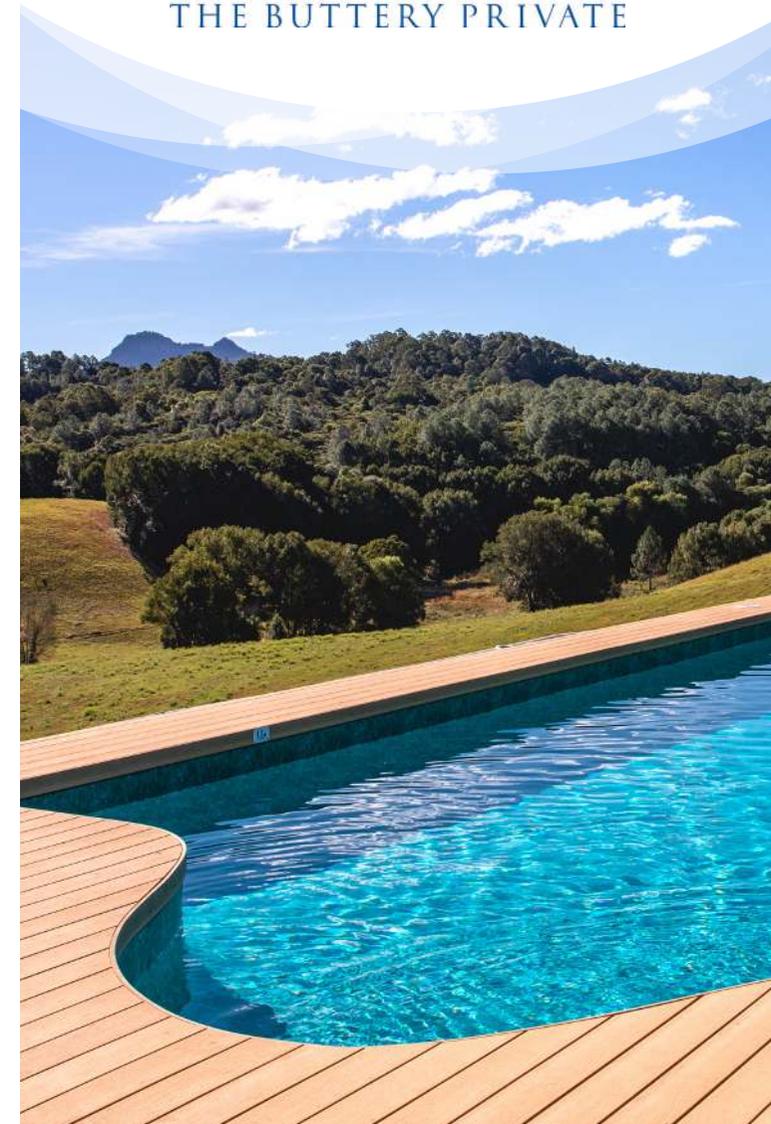
[butteryprivate.org.au](https://butteryprivate.org.au)



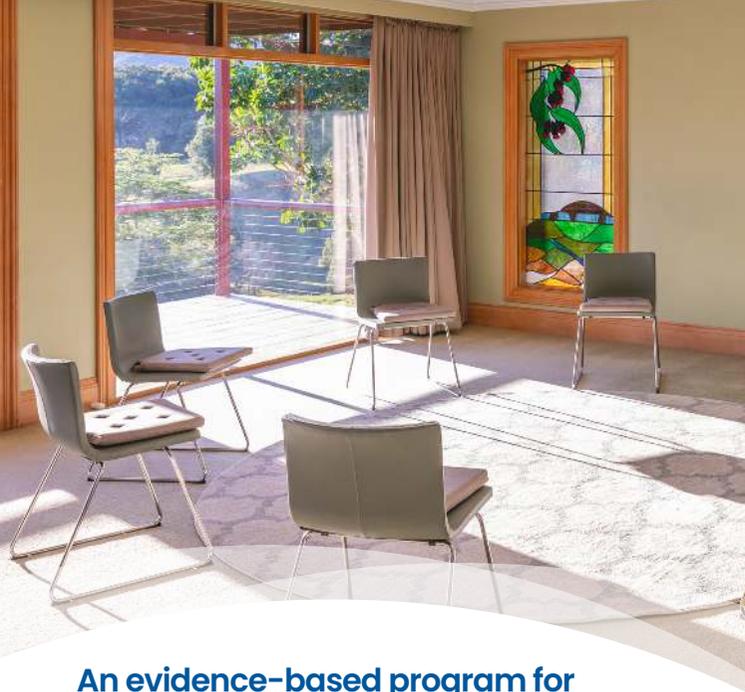
The Buttery acknowledges and pays respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.



THE BUTTERY PRIVATE



**The Buttery Private**



## An evidence-based program for people experiencing:

- Mental illness
- Depression
- Anxiety
- Drug misuse
- Alcohol use disorder
- Other drug misuse
- Trauma
- Post Traumatic Stress Disorder
- Behavioural dependencies and gambling

## Overcoming barriers to wellbeing

- The four-week program complements medical inpatient programs for people who are physically detoxed and psychologically stabilised.
- This program is for people who need to take further time out to address the underlying issues in a small, confidential and pleasant setting.

## Tailored Personalised Programs

This condensed program is for people who may not be able to undertake a long-term residential program.

### Condensed Structure

- Following a detailed phone assessment, a customised program is designed to address specific needs. This includes setting defined goals and desired outcomes.
- A four-week intensive residential program that's personalised for each 5-7 participants per program.
- A follow up three-month aftercare plan by phone/Zoom assists participants apply learnings from the residential component.
- It is possible to continue into a longer-term residential program, if required.
- Comprises individual and group counselling, psycho-education, daily practice of gentle exercise, regenerative nutrition and sleep hygiene.
- Incorporates the principles of Cognitive Behavioural Therapy, Compassion Focused Therapy, Schema Therapy, Exposure Therapy and mindfulness.
- Evidenced-based, utilising current research on the neuroscience of stress responses, anxiety, depression, trauma, behavioural and substance misuse.



## Evidence-Based Content

- Intensive, skills-based, results-oriented and experiential: participants develop and integrate practical wellbeing skills including emotional regulation, meditation, mindfulness, relationship skills.
- Facilitated by qualified psychotherapists and counsellors.

## Private, Rural Setting

- The BATTERY Private is located near the Byron Bay Hinterland in a comfortable retreat setting.
- Participants enjoy outings to local beaches and heritage-listed national parks.

