

The REFRAME YOUR LIFE program

A new method to break the addiction pathway

Substance misuse and addiction damages individuals, their families and the community.

Addiction is not a choice. Recovery is.

Addiction is not a choice. Recovery is. The REFRAME YOUR LIFE program is an integrative approach to addictive behaviour informed by evidence and best practice from the fields of motivational interviewing, psychotherapy and case management.

The REFRAME YOUR LIFE program assists individuals to address self-destructive behavioural cycles. Such behaviour may have brought them to the attention of their employer, professional regulatory agency or the criminal justice system.

Referral Pathways:

- A pre-sentence option for those on bail.
- A condition of probation/parole.
- Self/Solicitor referral.

REFRAME YOUR LIFE PROGRAM FEES

OPTION 1: PAYMENT IN FULL

\$3750

(\$250 discount if paid on the day of Intake or prior).

OPTION 2: EZYPAY

\$4000

(\$250 weekly direct debit payments x 16 weeks).

ADDITIONAL SERVICES

COUNSELLING \$180/HR

(discounts available for non-waged clients).

REPORT \$250/HR

As requested by clients or required for court purposes.

CONTACT

**D&M CONSULTANTS
FOR MORE INFORMATION**

Call 1300 841 080

Email ask@dmconsultants.com.au

Visit us online at www.dmconsultants.com.au



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'REFRAME YOUR LIFE' HELPS BREAK THE CYCLE OF ADDICTION

By way of summary, REFRAME YOUR LIFE is a medium intensity outpatient program, comprising of:



36 hours of group treatment (12x3 hours) + 4 one-on-one sessions



Micro-groups (5 or less individuals)



Closed group (fostering trust, accountability and peer-support)



ACT/Motivational interviewing/
Psychodynamic/
Mindfulness



Relapse prevention



Comprehensive Report for Court (additional cost)



MEET...AMELIA DE CAMPO, BSW MHSc Director - Forensic Social Worker

Amelia De Campo is a social worker with over 12 years experience in the Family Court and Supervised Contact sectors. She prepares expert reports for clients who have experienced trauma, addiction and FDV. Ms De Campo holds a Master of Health Science, specialising in alcohol and other drugs, with expertise in motivational interviewing, case management, complex assessment and treatment planning. Amelia applies her social work expertise in a legal context particularly in prison outreach and supporting D&M clients who are incarcerated.

MEET...INGRID MCGUFFOG, PhD Director - Clinical Criminologist

Dr Ingrid McGuffog is our therapeutic director and has experience working with clients who experience addiction, have had contact with the criminal justice system and have histories of complex trauma. Dr McGuffog is a psychotherapist and criminologist who has published in peer-reviewed journals and designed and implemented treatment protocols for people engaged in the criminal justice system. She spent 6 years in Rochester, New York as a college professor specialising in community corrections and was highly engaged with reintegration services in that community.

REFRAME YOUR LIFE - A PROGRAM DESIGNED AND LED BY INNOVATIVE EXPERTS

REFRAME YOUR LIFE has been developed by Dr Ingrid McGuffog and Amelia De Campo based on their academic credentials, their experience working in the fields of Criminology and Community Corrections, Family Court and their personal lived experiences of addiction and recovery.

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