



## Individual Treatment

The clinician meets with the client to assess the addiction and best method for treatment. Based on the needs of the client, their personal and financial resources, and their motivation for change, the clinician and client may decide that individual treatment is the most appropriate course to take. The obvious advantages of individual therapy include one-to-one interaction with, and attention from, a trained clinician. In such a setting, the treatment focus or plan is geared towards the specific needs of the individual.



## Group Treatment

Group Treatment is particularly effective for Treatment of addictions because it allows the individual to share their experiences with others who have similar struggles in their lives. By so doing, individuals tend to feel a sense of relief in the realization that they are not alone. Additionally, learning how others are coping with their addiction provides additional support and assistance that may not be readily available in individual therapy. The group is applicable to all clients that feel they may suffer from a maladaptive addictive behaviour

The group process uses a mix of concrete Cognitive-Behavioural Therapy and a process-interpersonal treatment approach. Sessions will also include education about the course of addiction and theory behind how addictions arise and why they are so difficult to get rid of.

Participants in the group are expected to be honest and open, non-judgmental, as well as interactive, and attend all sessions.

Since the group includes a variety of clients with different addictions, clients attain a profound insight into addictive behaviours in a warm supportive atmosphere.

Each group has a maximum of 8 participants and is a closed group until a client chooses to leave. Each session length is about 80 minutes. Clients can be male or female of age 19 and older. The group is ongoing with no set number of sessions although each client must agree to attend a minimum of 5 sessions in order to participate.

Special groups can be arranged for clients under 19 years of age referred by outside organizations



## Fees

Individual treatment fees vary from clinician to clinician. Many individuals and families have Employee Assistance Programs or Extended Health Benefits through their place of employment. Most of the services provided to adults and children may be covered in whole or in part. We will be pleased to discuss with you how you may access these benefits.

The fee for Group Treatment is \$35 per session, with an initial fee of \$35 for a screening interview if required. If Group Treatment is being paid for under Extended Health Benefits or through an Employee Assistance Program, then the number of eligible paid group sessions is more than the number of individual sessions and is adjusted accordingly. We will be pleased to provide you with more information.

# Addictive Behaviours Individual and Group Treatment



*Quinte Assessment and Treatment  
Group Inc.*

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*Quinte Counselling Services Inc.*

Quinte Counselling Services Inc., and Quinte Assessment and Treatment Group Inc., together provide a full range of Clinical and Consulting Services to clients in Central and Eastern Ontario.

Confidential Appointments in a private setting can be arranged for the daytime, evening or weekend. Many services are covered in whole or in part by Employee Assistance Programs and Extended Health Benefits.

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# Addictive Behaviours Individual and Group Treatment

Addictive behaviours are always debilitating for the individual and their family. An addiction threatens your most important relationships, your job, your financial security, your lifestyle, and your self esteem.

Addictive behaviours are very common, and much more common than usually realized because addicts are so good at hiding their addiction from others. Addicts are also expert at hiding their addiction from themselves.

Individual or group treatment with a trained clinician is, in some cases, the only way to cure an addiction.



## Individual Treatment or Group Treatment?

The first step to treating an addiction is always an individual introductory assessment session with a skilled clinician. The assessment is conducted by an experienced Ph. D. or Masters level clinician and is focused on the needs of the client.

During this assessment session the clinician will explore the addiction with

the client and help the client decide what kind of treatment will be most helpful.

Some clients prefer individual therapy and would feel uncomfortable in group treatment sessions. Other clients recognize that there are distinct advantages to group treatment such as lower cost and an extended support system of others struggling with similar difficulties.



## Types of Addiction Problems Addressed

There are many kinds of addictions that are addressed in therapy. Alcohol, illicit and prescription drug use is very common but very difficult for a person to deal with on their own. It is the kind of addiction that sometimes tends to sneak up on you over time, and has a very strong hold over you before you know it.

Problem and compulsive gambling has become much more common since the opening of local casinos and now threatens the financial and personal stability of thousands in Ontario. It is essential that problem gambling be addressed as soon as it is recognized as it can have devastating effects on a family in a very short period of time.

Many activities that are generally considered “normal behaviour” can in certain circumstances develop into problem behaviours. Almost any behaviour can become compulsive and lead to a disruption in everyday functioning. Common addictive behaviours that can be addressed by treatment include compulsive over-eating or under-eating, compulsive shopping, compulsive exercising, or compulsive computer use.



## Referral for Treatment

Clients can self refer for treatment or referrals can be made by a family physician or other therapist. Under some Employee Assistance Programs employers can make referrals for treatment of an addiction as a condition of continued employment.

On receiving a referral the client is scheduled for an individual assessment session with a clinician. If the client is sure that they wish individual treatment or are unsure if they wish individual or group treatment then a standard 50 minute intake/therapy session is scheduled. However if the client is sure that they wish to participate in group treatment then a brief 20 minute screening interview is scheduled to ensure goodness of fit with the group.

