

THE TEAM

John Platt

MSc Addiction Psych/Counselling
NCAC; UKRC

John has over 18 years experience in the field of addiction therapy. He lectures in the field at London South Bank University and has a private practice which specialises in addiction consultancy and training.

Lory Wellbeloved

BA Ed; NCAC; UKRC

Lory has worked in the field of addiction therapy for the past 9 years. She has a special interest in the family and how addiction impacts on the family unit.

Mentors and Peer Supporters

As an essential part of the recovery process, there is a trained team of Mentors and Peer Supporters who make up the ongoing support network provided by Recovery Solutions to all its clientele.

“We didn't all arrive on the same ship, but we are all in the same boat.”



Recovery Solutions

**LIVE IN THE SOLUTION
NOT THE PROBLEM**

THE PROGRAMME

Deciding to get clean and sober is the most important decision you will ever make. Recovery Solutions is run by fully qualified and experienced professionals in the field of addiction who offer a discreet, affordable and non-residential programme of recovery which is able to demonstrate a proven record of success.

The Recovery Solutions Day Programme is challenging and intense and has been devised to take into account the modern day demands of professional and family obligations.

As well as working with the client, Recovery Solutions also offers a Family Programme which has proven to be an important component for a comfortable and contented life of sobriety.

We are committed to recovery and therefore provide an Aftercare Programme and an ongoing Support Network for as long as the client feels the need.

For clients who require it, we offer safe, comfortable and serene private accommodation . Set in beautiful grounds, our recommended guest houses are managed by caring and empathetic owners. Availability and tariffs available on request.

Complete confidentiality is assured.

KEY FEATURES

- Free **Confidential** Assessments
- Medically Assisted Relapse Prevention Strategies
- Integrated 12 Step Facilitation
- Educational Presentations
- Small Interactive Groups
- One-to-One Therapy
- Problem Solving
- Action Orientated
- Aftercare Programme
- Ongoing Support Network
- Mentor Assistance
- Family Programme

“The only way to get to the other side of something is by going through it.”

CONTACT US

Please feel free to contact us so that we can discuss this Programme in further detail at a time which is convenient for you.

John Platt

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Lory Wellbeloved

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Web Site:

www.recovery-solutions.org.uk

If you are interested, please phone one of the numbers above or E mail us as appointments are always necessary.

“Live life on life's terms.”