

ReConnecting with yourself & loved ones

INSPIRING ALCOHOL
& OTHER DRUGS
TREATMENT & EDUCATION

Single Session Counselling

ReGen would like to introduce the 'Single Session' approach for families and individuals.

As the name implies the approach is that for many people a single counselling session (if appropriately structured) can meet their needs. A Single Session model provides an opportunity to gain information, get advice and seek support without committing to ongoing counselling. If people need further support beyond a single session, they can be linked into other supports.

To date, ReGen's Single Session model is primarily used to deliver timely and effective treatment to family members and other loved ones who are affected by substance use. Our experience in using this model is consistent with current research that targeted, practical support and advice is effective in enabling people to start making positive changes in their lives.

Who's it for?

Any individual or family member who is struggling with the impact of substance use on their lives.

How long does it take?

Usually an hour to an hour and a half. If people have a number of family members attending the session it is likely to take longer.

What should people bring?

We need to register people on the day, so a Medicare card or photo identification is required.

Do I need to book?

Appointment bookings can be made with our Triage team on 03 9386 2876.