

Personal Details

Name:
Address:

Postcode:
Telephone No:
Mobile No:
E-mail Address:

Attendees with family member in treatment

Is a relative / family member receiving treatment at Castle Craig Hospital?
(Family therapy may be arranged) Yes No

Name:
What is their relationship to you?

Attendees without family member in treatment

I / we would like attend the Family Recovery Workshop at a cost of £200 per person
Number of persons attending:
Accommodation required?
Please give dates:

Does any member of your party have any special needs or dietary requirements?

Yes No

If Yes, please state:

Method of payment:

- | | |
|---|---|
| 1. Cheque <input type="checkbox"/> | 2. Internet Banking UK <input type="checkbox"/> |
| 3. Internet Banking NL <input type="checkbox"/> | 4. Credit / Debit Card <input type="checkbox"/> |

Please register your interest and email relevant personal, banking and booking details to: familyprogramme@castlecraig.co.uk

Alternatively post your completed form to June Beevers, Castle Craig Hospital, Blyth Bridge, West Linton, Peeblesshire EH46 7DH, Scotland.

Family Recovery Workshop

Families Can Help, Families Need Help



As the family member of someone suffering from addictive disease you are part of their vital support system. Your involvement in their addiction treatment through family therapy is a powerful factor in successful treatment outcomes and ongoing abstinence.

Learn how to help your loved one, and yourself

As part of our treatment programme at Castle Craig we provide weekend-long therapeutic workshops designed to give family members the knowledge and tools to understand the disease of addiction, its impact on your lives, and how to provide support to your loved one.

Our Family Recovery Workshop is part of the Castle Craig treatment programme and is also open to anyone affected by addiction even if their relative is not a patient at Castle Craig. Participants include family members and significant others over the age of 18.

What happens over the 2 days?

Our workshop is facilitated by Teri Lyn Fairnie, a specialist family therapist with extensive experience in counselling families. During the 2 days we deliver a packed programme which includes:

- Psychoeducational lectures about addiction, family dynamics, relapse and aftercare,
- Group sharing and discussions within a supportive framework,
- Recovery-related adaptive skills for addressing family issues,
- Enhancing communication techniques, exploring intimacy, resolving conflicts within the family,
- Developing healthy boundaries,
- Opportunities for conjoint therapy if patient is currently in treatment,
- Introduction to mindfulness,
- Introduction to mutual self-help recovery groups.

Family Recovery Workshop Coordinator

Teri Lyn Fairnie, Senior Specialist Therapist, MSc in Mental Health Counselling

Teri joined the staff team at Castle Craig Hospital in November 2017 as a Senior Specialist Therapist. Teri previously worked in the United States for over 15 years as a Licensed Mental Health Counsellor with children and their families who were impacted by substance abuse, domestic violence and mental health issues. She earned a Masters degree in Mental Health Counselling from Nova Southeastern University.

Schedule of the Family Recovery Workshop

The workshop commences on Saturday and Sunday mornings at 9am. Family members are invited to attend the Recovery meeting on Saturday evening. The workshop concludes on Sunday at 4pm.

Upcoming dates of the Family Recovery Workshop are posted on our website at <https://castlecraig.co.uk/family-programme/>

Location of the Family Recovery Workshop

The workshop takes place in the Conference Room of Castle Craig. Lunch on both days and dinner is included and served in the dining room at Castle Craig Gardens.

If you have special needs or mobility issues, please let us know in advance, and we will try to accommodate your requests.

Please note that Castle Craig Hospital operates a 'No Smoking' policy within the grounds apart from designated smoking areas.

Accommodation

Single, twin or family accommodation is available for rent at the lodges, located by the gates of Castle Craig. The lodges are self-catering houses each containing two or three bedrooms. Accommodation is either shared or private. Prices are available on request.

We can recommend alternative local accommodation if preferred, or if the lodge accommodation is fully booked.

Forthcoming Dates in 2020:

18/19 January 2020 - 22/23 February 2020 - 21/22 March 2020 - 18/19 April 2020 - 16/17 May 2020 - 13/14 June 2020 - 11/12 July 2020 - 8/9 August 2020 - 5/6 September 2020 - 3/4 October 2020 - 7/8 November 2020 - 12/13 December 2020

Cost of the Workshops

The Family Recovery Workshops are included as part of the Family Programme at Castle Craig rehab clinic and family members with a patient in treatment are strongly advised to attend. For those who do not have a family member in treatment, the weekend long workshop costs £200 per person. This includes not only the full workshop programme but also:

- Lunch on Saturday and Sunday
- Dinner on Saturday

Extras: Prices for accommodation at The Castle Craig Lodges begin at £40 per night for a single room in a shared house. For a full list of Lodge prices please contact us.

Methods of Payment

Payment should be received in advance of the Family Recovery Workshop and can be made by the following methods:

By Cheque:

Please make cheques payable to Castle Craig Hospital Limited.

Internet Banking:

For **UK** residents please quote
Bank Name: HSBC
Sort Code: 40-20-44
Account Number: 12114712

For International Transfer:

IBAN: GB59HBUK40204412114712
Swift / BIC Code: **HBUKGB4B**

Please quote 'FAM PROG' followed by your surname as a reference

By Credit / Debit Card

Please complete the following

Name on Card:.....
Card Number:
Card Type:..... Start Date:
Expiry Date:Security Code:.....

With over 30 years of experience in addiction treatment and helping patients with addictive disease, Castle Craig offers expert medical and professional care. The hospital is registered with Healthcare Improvement Scotland and is a prime and extra contractor to the National Health Service. It is a preferred provider to major UK medical insurers and is recognised by the Dutch healthcare system and other governments outside the UK.