

Treatment is for 10 weeks
with an introductory session
to start

Monday Evenings, Thursday
afternoons plus Individual
counselling by arrangement.

Cost €3,500 plus
continuing care fee's

Call or email now for more
information or to book

t. 01 494 6358 | e. info@rutlandcentre.ie



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GENERAL OUTPATIENT

Day Programme

Our New day programme is for people who need help to break the cycle of addiction.

It can help those who also have problems with alcohol, drugs and gambling.

The programme will run for 10 weeks. It will include three sessions each week on Monday evenings and Thursday Afternoons, plus one to one counselling sessions.

The Programme Includes:

- Clinical assessment
- Individualised treatment planning
- Group Therapy (Client Centred and Integrated Model)
- Lectures / Workshops
- Sessions facilitated by an accredited therapist
- Individual one to one counselling sessions
- Family counselling sessions

Clients best suited for this programme include those who:

- have minimal or no risk of severe withdrawal
- have well managed or no medical conditions that would distract from treatment
- can demonstrate a readiness to work towards change but require a structured environment to achieve this
- need close support and monitoring to maintain abstinence
- have support and good coping skills

