

**Aftercare group therapy preamble**

The purpose of this group is to support each other in achieving and maintaining healthy behaviours that are conducive to us living an abstinent and recovery lifestyle.

Our aftercare group is a safe place for its member to support each other in maintaining abstinence from substances and other harmful behaviours. In order for the group to remain a safe place for its members, we will respect the right of others confidentiality.

This group encourages its members to be honest, respectful and non-judgemental. By sharing honestly about our thoughts, feelings and behaviours we become open to getting a better understanding of possible solutions, which will help us to maintain our recovery programme. We come here to explore and share our challenges and successes. This also allows us to realise that we share and face many common difficulties and joyous times in our recovery.

The benefit from this group therapy for individuals depends on what the individual group member puts into the group. (“You get out what you put in”).