

A HERITAGE OF CARE

For more than 40 years The Buttery has been treating people with long-term mental health and addiction issues. It is now applying this knowledge to helping more people in a new social venture.

The Buttery Private offers more than a typical health retreat because it uses best-practice psychological techniques to bring about lasting change.

It is a circuit-breaker to change entrenched patterns of self-defeating behaviour.

To do this, it incorporates current research on the neuroscience of trauma, anxiety and the brain's response to threat.

As well as regular one-on-one counselling with a dedicated counsellor and group sessions, participants can choose from a range of other therapies including yoga, meditation, mindfulness training, exercise, massage, acupuncture and nutrition.

As a not-for-profit charity, surplus funds generated from The Buttery Private will be applied to The Buttery's charitable works.

www.butteryprivate.org.au
1300 851 695



THE BUTTERY PRIVATE
FOUNDATIONS FOR WELLBEING

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The Buttery Private
is a social venture
of The Buttery.

Surplus funds from this venture are applied to The Buttery's charitable works for teenagers and adults who may have mental health, substance misuse and/or gambling issues as well as The Buttery's family counselling program.

ABN 53130 812 994
www.buttery.org.au

The Buttery is a registered Charity
#10766-Public Benevolent Institution.
Donations are tax deductible.



THE BUTTERY PRIVATE
FOUNDATIONS FOR WELLBEING

for referrers

RECONNECT
REGENERATE
EMPOWER

The Buttery Private is a short-stay, user-pays early intervention wellbeing program for people with emerging mental health and/or substance abuse issues.

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OVERCOMING BARRIERS TO WELLBEING

All too often anxiety, depression, high levels of stress and feelings of inadequacy become manifest in substance misuse, relationship difficulties, and anger.

The BATTERY Private is an evidence-based program for people experiencing:

Workplace Burnout

Exhaustion

Stress

Anxiety

Depression

Trauma

Substance Abuse

The program complements medical inpatient (28 day) programs for people who are physically detoxed and psychologically stabilised.

It is for people who need to take further time out to address the underlying issues to their conditions in a small, confidential and pleasant setting.



TAILORED PERSONALISED PROGRAMS

This condensed program is for people who may not be able to take sufficient time out or who may not need to undertake a long-term residential program.

CONDENSED STRUCTURE

- Following a detailed phone assessment, a customised program is designed to address specific needs. This includes setting defined goals and desired outcomes.
- A four-week intensive residential program (8-12 participants) highly customised for each participant.
- A follow-up after care plan by phone/Skype assists participants apply learnings from the residential component.
- It is possible to continue into a longer-term residential program if required.
- Evidenced based, utilising current research on the neuroscience of stress responses, anxiety, depression, trauma, behavioural and substance addictions.
- Incorporates the principles of CBT, Compassion Focused Therapy, Schema Therapy, Mindfulness and Exposure Therapy.
- Comprises individual and group counselling, psycho-education, daily practice of gentle exercise, regenerative nutrition and sleep hygiene.

EVIDENCE-BASED CONTENT

- Intensive, skills-based results-oriented and experiential: participants develop and integrate practical wellbeing skills including; Emotional Regulation, Meditation, Mindfulness, Relationship skills
- Facilitated by accredited psychologists, clinical nurse consultants and psychotherapists

ALL IN A BEAUTIFUL SETTING

The BATTERY Private is set in the Byron Bay Hinterland in a comfortable retreat setting.

Participants can enjoy outings to local beaches and heritage-listed national parks.

Although removed from the hustle and bustle of city life, The BATTERY Private is easily accessible from the Gold Coast and Ballina-Byron airports and less than two hours' drive from Brisbane.

