

FUTURE 4U

LETTER OF INTRODUCTION



At Future 4U we assist people to take control for their future. This we do through the facilitation of personal learning and development sessions aimed at creating coping strategies, restoring self-esteem, establishing objectives and developing relapse prevention plans etc. We strongly believe in the value of client education and the integration of our practice so that family form part of the solution.

At Future 4U we specialise in alcohol and drug addiction counselling. Our practitioners understand the consequences of addictions and the difficulty people face in getting their lives back on track. We use a comprehensive recovery therapy (CRT) model. This therapy model is based on best practice found in residential treatment as well as broad based outpatient settings. Our practitioners are well qualified, holding postgraduate qualifications in alcohol and drug studies, experienced and are both NZAC and DAPAANZ registered. If required we work with other medical and mental health service providers to ensure our clients get the best support available.

CRT is built on the foundation of a comprehensive assessment. The assessment tool used determines the nature and severity of the addiction, the level of motivation and the external supports available to the client. All three of these critical areas require careful consideration in the development of a CRT plan. At Future 4U we leave nothing to chance.

CRT requires clients to commit, reflect and complete practical assignments. As every person that comes to us is different we modify the programme to suit individual needs, rather than having a generic “one size fits all” approach. CRT is facilitated during one-on-one sessions and group work is limited to family inclusive therapy. Family integration is critical as it creates urgency and focus as the client is supported during the process by their loved ones. Family is critical for long-term harm reduction or abstinence. Continuous feedback ensures that clients are well informed as to their progress.

Our commitment to remain on the leading edge of current developments and client-centred practice which will ensure our clients will continue to enjoy dedicated assistance.

We thank you for taking the time to read our brief introduction and hope we may be of assistance in the future.

Kind Regards
Yvonne Cunningham
Director: Treatment Services