



Breaking the cycle of addiction  
打破成癮的循環

The Living Room saves and transforms lives by providing people and their families with treatment and support to break free from the generational cycle of addiction.

Living Room 通過為人們及其家人提供治療和支持以擺脫成癮的世代循環，從而拯救和改變生活。

# Who we are 我們是誰

Charity established in May 2000, CIO Nov 2017

3 Centres in Hertfordshire – Stevenage, St Albans, Watford

Group therapy

Counsellors have lived experience of addiction

Crèche in Stevenage

慈善機構成立於 2000 年 5 月，首席信息官 2017 年 11 月

Hertfordshire 的 3 個中心: Stevenage, St Albans, Watford

- 團體治小組
- 輔導員與成癮人士共同生活
- Stevenage的托兒所



# Who we are 我們是誰

Supporting 600 service users per year (60% successful graduations)

Supporting 100 Family and Carers per year (75% successful graduations)

Providing 300 brief interventions per month (7% conversion rate)

每年支持 600 名服務用戶（60% 成功畢業）

每年支持 100 個家庭和照顧者（75% 成功畢業）

每月提供 300 次短期服務（轉化率 7%）



# What we do 我們的工作

## Abstinence-based Support for all addictions

- Drugs and Alcohol Addiction Group Therapy
- Behavioral Addiction Group Therapy
- Family and Carers Group Therapy

## “管制基礎”的支持是對所有成癮的人士：

- 藥物和酒精成癮小組治療
- 行為成癮小組治療
- 家庭和照顧者小組治療



# Why our methods work 為什麼我們的方法有效

We focus our counsellor facilitated group therapy on the individual and the root cause for their using behaviours; not the drug of choice.

We provide space for people to talk about their experiences and identify with other's experiences.

我們集中於輔導員的個人治療小組及其根本原因上；而不是藥物。

我們為人們提供空間來談論他們的經歷並與他人分享同類的經歷。



# Why our methods work 為什麼我們的方法有效

Our groups hold a person, until they are ready to go it alone.

We support clients to develop a sense of identity within their communities and families.

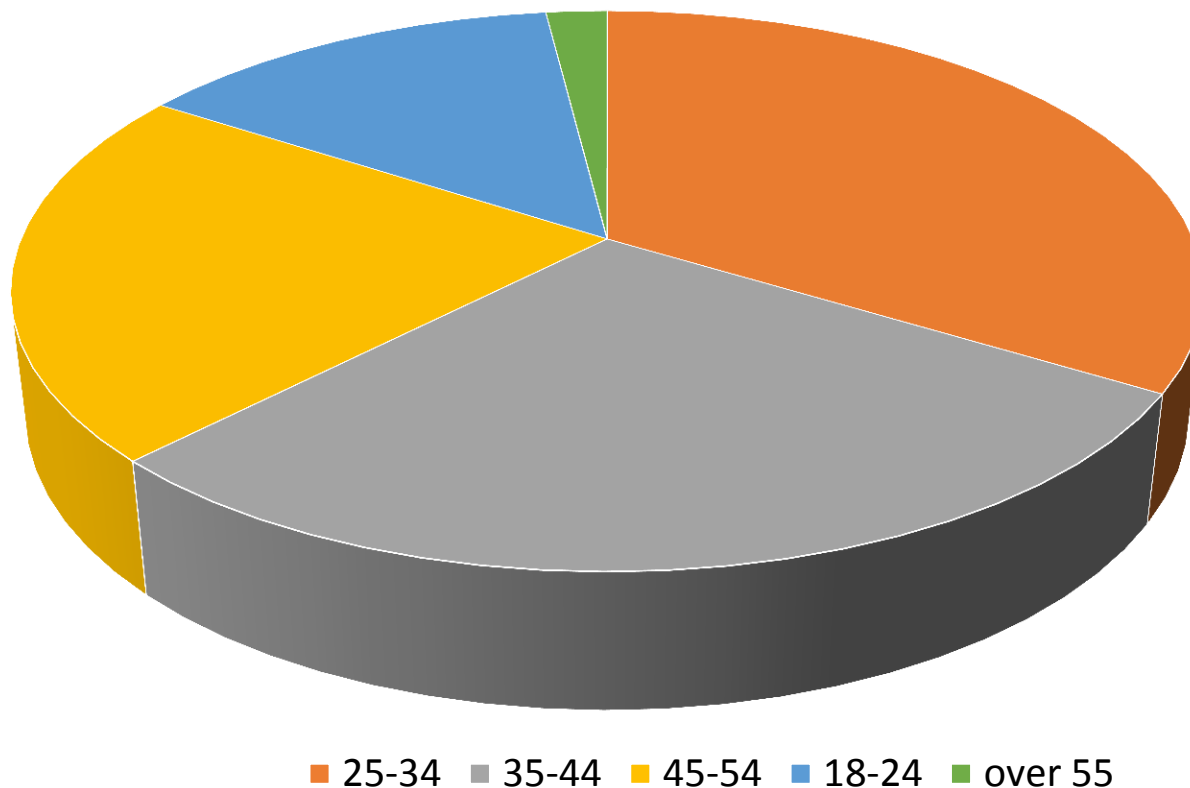
我們的小組會一直支持著這個人，直到他們準備好能個人生活。

我們支持他們的社區和家庭中培養認同感。



# Our Client Base 我們的客戶群

Age Ranges of Clients Accessing our Services  
我們服務的客戶年齡範圍





# Our Methods 我們的方法

Group Therapy for Adults

Person Centred Therapy

Psycho-educational Counselling

Psycho-dynamic Counselling

12-Step Programme

成人小組治療

- 個人為本的治療
- 心理教育輔導
- 心理動力輔導
- 12 步程序



# What is Addiction 什麼是成癮?

Fellowships ask, “Is it costing you more than money?”

團契會問：“這比錢還貴嗎？”

- Sanity 精神健康
- Health 健康
- Relationships 人際關係
- Jobs 工作



# What is Addiction 什麼是成癮?

Disordered Eating  
Exercise  
Hoarding  
Gambling  
OCD  
Sex  
Spending  
Work  
Love  
Gaming  
Relationships  
Co-dependence  
Prescription Drugs

# What Makes an Addict 是什麼讓成一個癮君子？

## Early Attachment /Trauma

- Addiction starts as a solution to unhealthy attachments before it's a problem.
- Group Therapy and Fellowships provide a corrective relational experience. And healthy attachment

早期(嬰兒期)依附/創傷

上癮開始成因是沒有解決不良的依附關係。

小組治療和團契提供了一種糾正性的關係體驗和健康的依附。

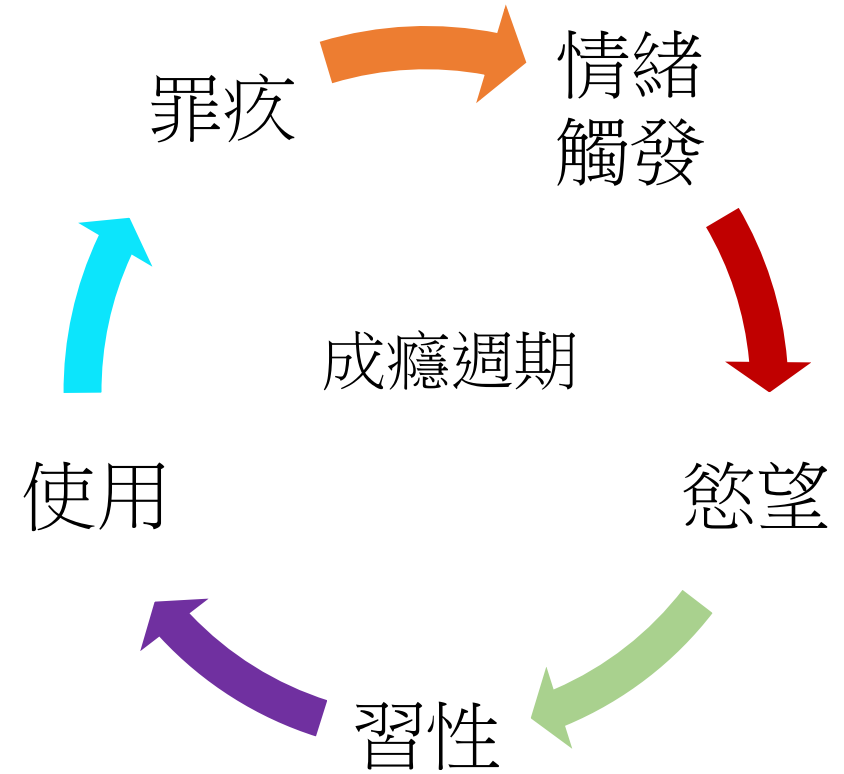


# Why can't they stop 為什麼他們不能停下來

- Cycle of Addiction- affects on the Life of the Addict
- Neuroscience- effects on the brain
- 成癮的循環~影響成癮者的生活
- 神經科學~對大腦的影響



# Why can't they stop 為什麼他們不能停下來



Why can't they stop? 為什麼他們不能停下來

# Neuroscience 神經科學



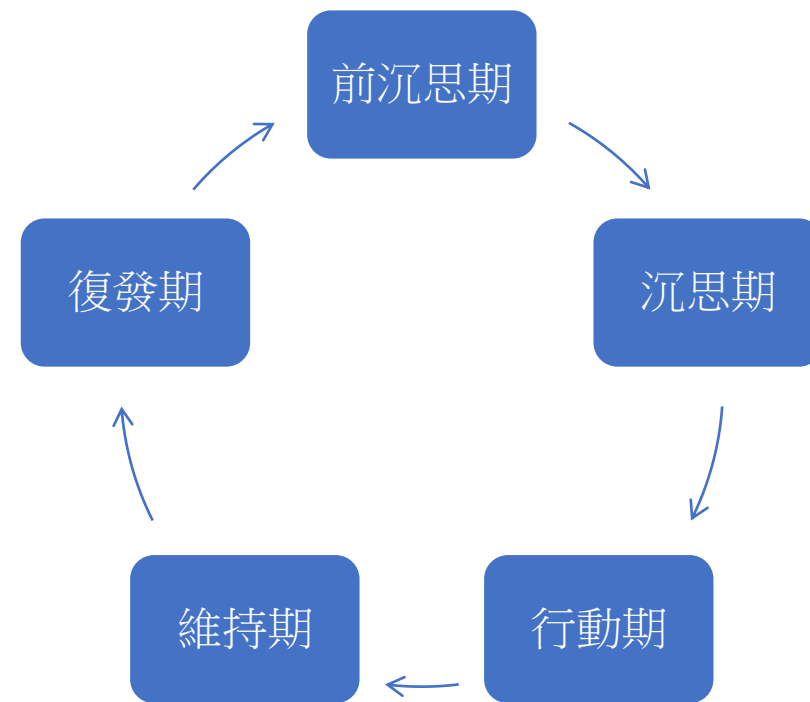
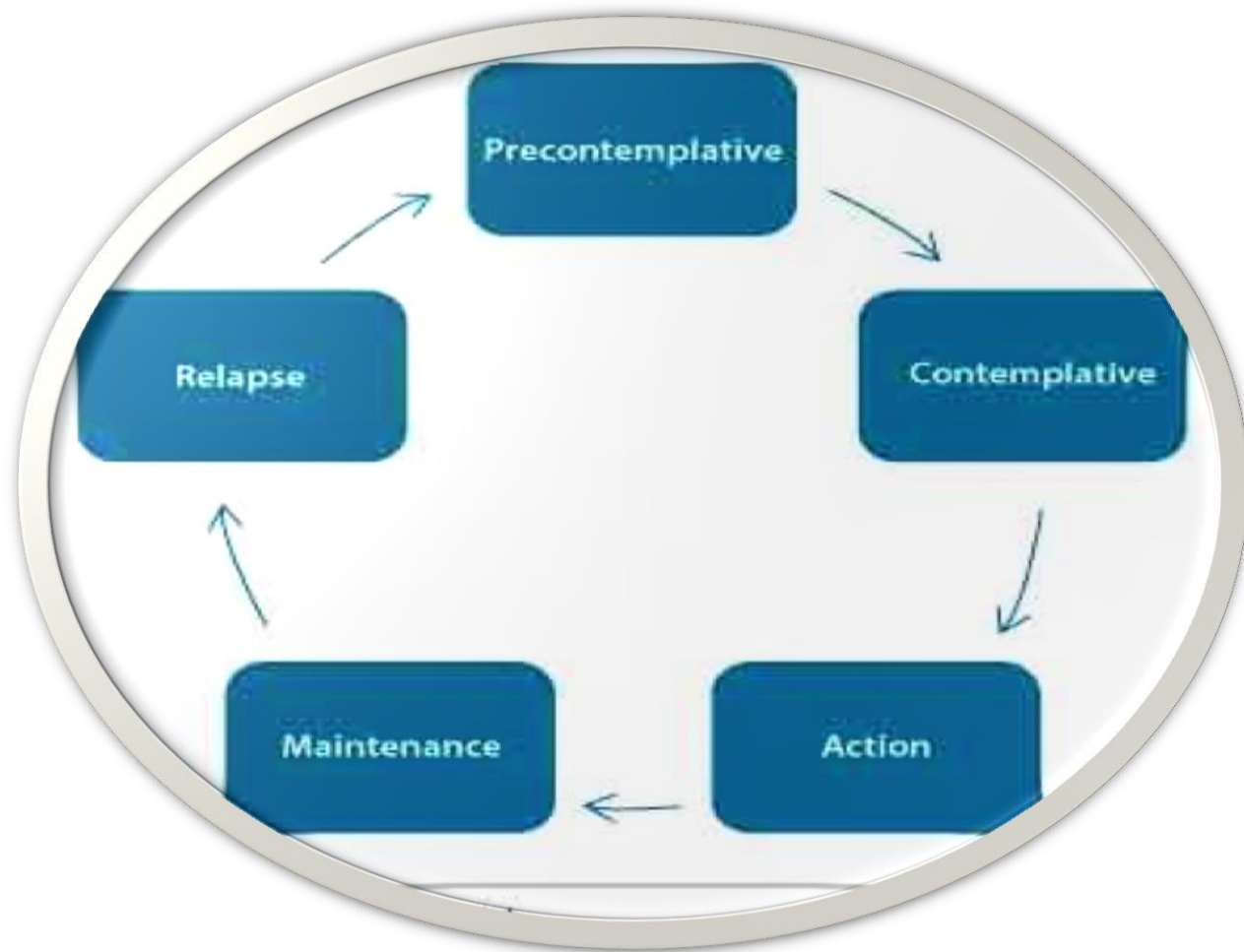
# Recovery 恢復

- Cycle of Change- Affects on the Life of The Addict
- Groups/ Attachment and Connection
- 改變的循環~對癮君子的生活模式影響
- 小組/依附和連接





# Recovery / Cycle of Change 恢復/改變的循環



# Family 家庭

**What about The Family and why do they need treatment?**

家庭呢？他們為什麼需要治療？



# Finale 壓軸

- Questions and Answers 問題和解答

( Self referrals/ abstinence) ( 自我推薦/管制)

- King Alcohol 酒王



# Referrals 推薦

[www.livingroomherts.org/referral](http://www.livingroomherts.org/referral)

0300 365 0304



# Contact Details 聯繫方式

Debbie (Counselling Manager)

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Mike (Deputy Counselling Manager)

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