



Residential Program

Southdown's 14-week residential program provides a holistic and safe environment for clergy and religious experiencing a range of mental health issues, including addictions.

Overview

Upon admission, each person is assigned a professionally credentialed clinician to serve as primary therapist. In collaboration with the treatment team, this clinician develops a treatment plan that integrates referral data, assessment findings and the individual's needs.

Along with individual psychotherapy, psychiatric consultation, medical assessment and ongoing nursing care, each resident is assigned a trained spiritual director with whom he or she meets regularly. Private meditation, group opportunities for reflection and prayer, and community liturgies provide opportunities for fostering both spiritual and emotional healing.

Fitness programs are tailored to individual needs and capabilities. These may include activities such as yoga, swimming and aquatic exercise programs. In addition, development of sound nutritional habits is emphasized with the support of a registered dietician.

Program Components:

- Individual and group psychotherapy
- Addiction counselling
- Cognitive-behavioural therapy
- Grief and loss counselling
- Goals and community groups
- Spiritual direction and spirituality groups
- Psycho-educational seminars
- Fitness and nutrition
- Medical assessment and professional nursing care
- Pottery
- Transition and continuing care services



For additional information, to discuss individual needs or concerns, or to schedule an appointment, please call us at **905 727 4214** or e-mail administration@southdown.on.ca