



Our Clinical Approach to Recovery

At Reset My Future, we do not rely on generic solutions or anecdotal evidence. Our entire treatment framework is built upon evidence-based clinical methodology that aligns with current international best practices for treating Substance Use Disorder (SUD) and behavioral addictions.

Evidence-Based Treatment: The Foundation of Reset My Future's IOP

We provide a **Structured Intensive Outpatient Program (IOP)** model, ensuring that you receive the same rigor and clinical oversight as a top-tier facility, but with the flexibility required for real life.

Our programs are supervised by directors with expertise in substance dependence treatment. This oversight guarantees that our modules and interventions are current, scientifically validated, and effective in achieving sustained sobriety.

Modern Clinical and Legislative Alignment

Validation by Victorian Treatment Guidelines

Our IOP model is explicitly supported by clinical guidelines in Victoria, Australia, which prioritize voluntary, community-based support as the standard for non-compulsory treatment.

The Principle of Least Restrictive Means

Victorian legislation and clinical practice prioritize the "least restrictive means" of treatment. Inpatient (detox) care is reserved primarily for individuals with high medical risk, severe co-occurring disorders, or those who lack a stable home environment.

Safety and Efficacy

For individuals who are medically stable, have supportive home environments, and are willing to engage voluntarily, our structured IOP is the preferred clinical approach. It avoids the disruption and severity of inpatient care while providing the necessary intensity for effective skill acquisition and neurobiological change.



The Reset My Future Methodology: Rooted in Neuroscience

Our approach moves beyond simply stopping the behavior. We focus on **rewiring the underlying cognitive, emotional, and neurobiological drivers of addiction.**

We understand that addiction is a complex disease, not a moral failing. Our methodology integrates the most effective clinical modalities to address every aspect of the client.

Tailored, Multi-Modal Treatment



Cognitive Behavioral Therapy (CBT)

Identifying and modifying the thought patterns and behaviors that lead to substance use.



Motivational Interviewing (MI)

Enhancing internal motivation for change and overcoming ambivalence.



Mindfulness & Distress Tolerance

Teaching practical skills from disciplines like Dialectical Behavior Therapy (DBT) to manage high-risk emotions without resorting to coping mechanisms.

The Four Pillars of Our Treatment Model

Every client progresses through our program by mastering key competencies across four integrated pillars, ensuring a holistic and comprehensive recovery journey.

Pillar I: Comprehensive Assessment & Individualization

Your journey begins with a detailed clinical intake and doctor's medical review. This personalized assessment informs your treatment plan. We customize the focus areas of your weekly modules and one-on-one sessions to target your specific substance, history, co-occurring disorders, and life circumstances.

Pillar II: Skill Acquisition & Behavioral Change

This pillar focuses on developing and practicing real-world coping skills. You learn to:

- Identify high-risk social and emotional triggers.
- Effectively manage cravings and urges.
- Establish clear, protective boundaries with others.
- Develop constructive methods for dealing with stress, boredom, and trauma.

Pillar III: Relapse Prevention & Aftercare Planning

A strong clinical approach must include a robust strategy for the future. We dedicate significant time to building a personalized Relapse Prevention Plan. This includes recognizing early warning signs, creating a detailed support network map, and planning immediate actions for potential setbacks. Our services include structured aftercare to support long-term sobriety after the 12-week IOP concludes.

Pillar IV: Family Systems and Holistic Health

We treat the entire system, not just the individual. Our clinical model incorporates:

Family Inclusion

We offer a free Family Support Program to help loved ones understand addiction and heal communication pathways.

Holistic Wellness

Addressing nutrition, sleep hygiene, mental health (anxiety/depression), and new routine development, which are critical for sustained neurobiological repair.

Our Clinical Oversight & Expertise

Our commitment to clinical excellence is upheld by our professional staff:



Qualified Clinicians

All facilitators are highly experienced and fully qualified in psychology, social work, or addiction counseling.



Personal Understanding

Our staff members have either first-hand experience with addiction or deep family experience, ensuring empathetic, non-judgmental, and practical guidance.



Trusted Provider

We are a trusted provider for various public, private, and government organizations, reflecting our reliability and clinical standards.

Ready to Explore Your Treatment Options?

Start with a confidential, no-obligation consultation to discuss how our clinical approach can be tailored to your life.

Free Call: 1800 300 813