



Dr Ingrid McGuffog

Welcome to... *Reframe Your Life*

Do you ever feel trapped in patterns of behaviour that you know aren't good for you, but you can't seem to stop? Maybe it's drinking, using substances, overspending, unhealthy relationships, or avoiding responsibilities. You might promise yourself you'll do better, but before you know it, you're back in the same cycle—feeling ashamed, frustrated, and out of control.

You are not alone, and more importantly, *you are not broken*. These *self-destructive cycles* aren't random; they develop as ways to cope with stress, trauma, or overwhelming emotions. At first, they might seem to help—offering temporary relief, distraction, or a sense of control. But over time, they lead to more pain, reinforcing shame and making it feel impossible to break free.

The good news? *Patterns can be unlearned*.

The **Reframe Your Life** program is designed to help you *understand and break free from these cycles, without judgment or shame*. Whether you are struggling with addiction, emotional overwhelm, or repeated self-sabotage, this program will give you the tools and support to start changing your life from the inside out.

What is Reframe Your Life?

Reframe Your Life is a **13-week program** designed to help you:

- ✓ Understand how unresolved trauma, stress, and emotions drive self-destructive behaviour.
- ✓ Learn practical tools to regulate emotions, manage cravings, and change behavioural patterns.
- ✓ Rebuild self-trust, self-compassion, and resilience to step into a healthier, more balanced life.

Using a **holistic, evidence-based approach**, this program integrates:

- Acceptance and Commitment Therapy (ACT) – helping you break avoidance cycles and align with your values.
- Emotion-Focused Therapy (EFT) – for deeper emotional healing.
- Schema Therapy & Inner Child Work – identifying core wounds and shifting self-sabotaging behaviours.
- Mindfulness, Expressive Therapy, and Practical Coping Skills – real-life strategies for lasting change.

Whether you're struggling with drinking, substance use, spending, or other cycles of self-sabotage, this program provides a structured, compassionate, and practical way forward.



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How It Works

The program begins with a comprehensive intake interview (90 minutes) where we:

- Identify your **personal goals and struggles**.
- Conduct a **biopsychosocial assessment** to understand your emotional, behavioural, and social patterns.
- Develop a **personalised treatment plan** based on your needs.

Each weekly session (75 minutes) includes:

Psychoeducation – Learning about addiction, trauma, emotional regulation, and behaviour patterns.

Skill-Building – Developing practical tools to manage stress, cravings, and self-sabotage.

Experiential Therapy – Engaging in process work, inner child healing, and emotional release.

This is an intensive, collaborative program requiring your commitment, but with the right support, *real change is possible*.

Program Outline

MODULE 1: UNCOVER

(Understanding the cycles, patterns, and their origins)

1. **Intake & Assessment** – Understanding your challenges and setting goals.
2. **Trauma & Self-Destructive Cycles** – Why we get stuck and how to break free.
3. **Anger & Shame** – The emotions that keep us cycles going.
4. **Transforming Your Relationship with Emotions** – Shifting from avoiding feelings to sitting with and understanding them.
5. **Thoughts, Behaviours & Core Beliefs** – Identifying and challenging negative patterns.

MODULE 2: DISCOVER

(Who you are, where you are wounded, and how to heal)

6. **Breaking Harmful Cycles** – Understanding your self-destructive behavioural cycles and creating new responses.
7. **Relationship with Self** – Learning how to shift from self-judgement to self-acceptance.
8. **Relationships with Others** – Exploring attachment, love, and belonging.
9. **Reparenting and Self-Compassion** – Learning how to nurture your inner child and meet your emotional needs.

MODULE 3: RECOVER

(Build resilience, prevent relapse, and sustain long-term change)

10. **Building Resilience** – Strengthening self-care and emotional stability.
11. **Relapse Prevention** – Understanding the stages of relapse and identifying warning signs.
12. **Developing Recovery Capital** – Setting goals for sustained change.
13. **Review & Aftercare Planning** – Reflecting on growth, key insights, and next steps.

Is This Program for You?

This program is for you if:

- ✓ You feel **stuck in destructive patterns** and don't know how to change.
- ✓ You want to **understand why you keep repeating the same behaviours**.
- ✓ You struggle with **addiction, self-sabotage, or emotional overwhelm**.
- ✓ You're tired of **feeling out of control, ashamed, or disconnected from yourself**.
- ✓ You're **ready to do the work** to heal and break free.

You don't have to hit rock bottom to start your recovery. Change **is possible**—and it starts with taking the first step.

Fees & Payment Options

- ✓ Total Program Cost: \$3,250 + GST = \$3,575
- ✓ Includes intake, treatment planning, session materials, and personalised guidance.
- ✓ Upfront payment qualifies for a 10% discount.
- ✓ Payment plans available – let's discuss an option that works for you.

Legal Support & Additional Services:

- If you have a legal matter, I can collaborate with your solicitor (additional fees may apply).
- Clinical treatment reports for legal matters and sentencing can be provided upon request (at an additional cost).

More About Me

I am Dr. Ingrid McGuffog, a Clinical Criminologist and Psychotherapist with a PhD in Criminology and a Master of Counselling and Psychotherapy. I am a Certified Practising Member of the Psychotherapy and Counselling Federation of Australia (PACFA, Reg No. 29904).

Beyond my professional qualifications, I have lived experience navigating addiction, self-sabotage, and trauma recovery. This allows me to provide both expertise and deep understanding, guiding you toward a more stable and fulfilling life.

Take the Next Step

You don't have to keep repeating the same cycles. If you're ready to explore these patterns and begin creating a healthier, more fulfilling life, I'm here to help.

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