

# Surely Sober:

## A Pathway to Recovery from Alcohol Addiction

*Surely Sober* is a tried-and-tested alcohol addiction recovery programme. Developed by Diana Southgate, it is the result of over eight years of research, application and refinement.

### Broad Applicability

*Surely Sober* addresses all levels of Alcohol Abuse Disorder, be it mild, moderate or severe. It supports all phases of recovery, from the first day on the road to recovery through lasting sobriety. It can also help those not yet diagnosed with addiction, but who recognise alcohol as a problem in their life.

No-one can be there for the recovering alcoholic all day and night, but *Surely Sober* can. It is designed to help participants restructure their 'self' and their lifestyle in a rational, stepwise manner. It is also designed to provide instant support in moments of vulnerability and need.

### Scientifically Based

*Surely Sober* is based on clear scientific principles. It is founded on the science of neuroplasticity, which recognises that the brain can change, outgrow old habits and learn new ones. It also

builds on the science of learning processes in alcohol addiction.

### Expertly Directed

As a counselling psychologist and clinical hypnotherapist with over 27 years of private practice experience, Diana has the necessary credentials for delivering *Surely Sober*. Her initial motivation was familial and patient need. Then, on realising the limitations of existing programmes, she felt compelled to develop an approach that could help more people achieve lasting sobriety.

- '90% of those treated for alcohol abuse relapse in the first year.'
- 'The median time taken to achieve sobriety is 9 years.'  
(Recovery Research Institute, 2015).

### Multi-Dimensional Targeting

The *Surely Sober* methodology targets both conscious and unconscious learning. In this way, the programme engages the whole mind. The ability of *Surely Sober* to change the brain at the deepest subconscious level is unique to the programme. The brain learns to associate sobriety with pleasure.

### Complete Stand-Alone Architecture

*Surely Sober* takes a stepwise approach to delivering sobriety and preventing relapse. The programme includes both written exercises and audio recordings. The basic underlying scientific principles are also covered in a simple and clear

manner. This helps participants understand the disease and so how best to conquer it.

The exercises and recordings provide not only the necessary evidence-based tools and techniques, but also encouragement. Participants are empowered and motivated. They feel confident. A successful recovery results.

*Surely Sober* can be used alone, or together with other programmes and support mechanisms. Of note, *Surely Sober* also includes a focus on relapse prevention.

### Outpatient Programme

Building on its success in clinical practice, *Surely Sober* is being shaped as a small-group intensive outpatient programme. Interactive sessions, lectures, written exercises, audio recordings are included.

An additional home-directed component equips participants with audio recordings and texts for continued lifelong healing and support.

The audio component is unique to *Surely Sober*. Used in a state of relaxation and focussed attention, the recordings work to repair disturbed brain communication networks. This helps support lasting sobriety.

Visits us at:

- [www.surelysober.com](http://www.surelysober.com)
- @DianaSouthgatePsychologist on Facebook



For a further information, assistance or assessment, please contact our offices: 035 792 3198 | 084 556 8357 | [disouthgate@telkomsa.net](mailto:disouthgate@telkomsa.net)

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