ADDICTION RECOVERY SUPPORT

UNDERSTAND | HEAL | REBUILD | MOVE FORWARD

Recovery is possible.

You are more than your past, and change is possible.

At Samantha Naidoo Counselling, I provide a safe, non-judgemental space to support individuals and families affected by substance use, behavioural addictions and recovery-related challenges.



A Holistic, Person-Centred Approach

Addiction can affect every area of your life – your mental health, relationships, self-esteem, physical health and sense of purpose. Recovery is not just about stopping a behaviour or substance; it's about understanding the underlying patterns, healing emotional wounds and building a meaningful, fulfilling life.

I offer a supportive, compassionate and integrative approach, tailored to your unique journey. Whether you are in early recovery, considering change, or supporting a loved one, you don't have to do this alone.



> Healing doesn't mean
> the damage never existed.
> It means the damage
> no longer controls your life.

Areas We May Explore

THERAPY CAN HELP YOU:

- Understand the underlying causes and maintaining factors
- Develop healthier coping strategies
- Manage triggers and cravings
- Build emotional regulation skills
- Reconnect with your values and goals
- Strengthen relationships and support systems
- Develop a healthier sense of self and identity
- Navigate setbacks and build resilience

My Integrative Approach

Recovery looks different for everyone. I draw from a range of evidence-based therapeutic approaches to support you in understanding your story, building insight and creating meaningful, lasting change.

- Motivational Interviewing (MI)
- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Solution-Focused Therapy
- Narrative Therapy
- Mindfulness and emotional regulation strategies
- Trauma-informed approaches
- Relapse prevention planning

Support for Families and Loved Ones

Addiction affects not only the individual, but also their family and support network. I provide guidance and support for family members who may be navigating the challenges of a loved one's addiction and recovery.

You don't have to have all the answers. You just have to be willing to take the next step.

A Safe and Confidential Space

Your privacy and dignity are important. Counselling provides a confidential, non-judgemental space where you can explore your experiences and work towards positive change.

You are not alone.

SUPPORT | UNDERSTANDING | LASTING CHANGE

BOOK A CONSULTATION →

TAKE THE NEXT STEP TOWARDS A BRIGHTER, HEALTHIER TOMORROW.

Change is possible. And it starts with you.