

# Outline for Modular Training

## Module A

### **An introduction to drugs and addictive behaviour**

- ❑ The substances and behaviours commonly associated with abuse –legal and prescription drugs
- ❑ Adrenalin-based addictive behaviours: gambling, sex, co-dependency, eating disorders, etc
- ❑ Why do people become addicts?
- ❑ Roots of addiction, family backgrounds, peer pressure, trauma etc
- ❑ The effects of addiction on the individual and those around them
- ❑ Effects of addictive behaviour on family and society
- ❑ How do we help people who have addiction -related problems
- ❑ Introduction to the Cycle of Change by Prochaska and Di Clementi

## Module B

### **Working with people who have addictive behaviour problems**

- ❑ Can anyone work with addicts?
- ❑ The character of a carer
- ❑ The different areas of care - working to avoid co-dependency
- ❑ Roles in helping, supporting, befriending, volunteering, referring and counselling
- ❑ Working in drop-in centres, day programmes, detox, rehab, self help groups
- ❑ The disease model. Terence Gorski - The Recovery Grid .
- ❑ The cognitive behavioural model
- ❑ The concept of 'Tough Love'
- ❑ Christian ethics and basic skills for carers -boundaries and supervision
- ❑ Introduction to DANOS (Drug and Alcohol National Occupational Standards)
- ❑ An introduction to the 12 core functions of a counsellor

## Module C

### **Relapse and denial**

- ❑ The nature of relapse and denial
- ❑ Is relapse a process or an event?
- ❑ Terence Gorski relapse and recovery Grid
- ❑ Overcoming denial
- ❑ The "Faster Scale" recognising relapse
- ❑ Introduction to motivational techniques and relapse prevention
- ❑ Identifying high risk situations - responses to cravings
- ❑ How should carers respond to relapse?
- ❑ Understanding the cycle of change



## Module D

### **Co-dependency - the most underestimated addiction**

- ❑ The modality of co-dependency
- ❑ Signs and symptoms of co-dependency
- ❑ The co-dependent cycle
- ❑ Situations where co-dependency is found - carers' co-dependency
- ❑ Family systems – the root of co-dependency
- ❑ The influence of parents and siblings - adult children of alcoholics
- ❑ The characteristics of the co-dependent
- ❑ Setting boundaries – the key to recovery

## Module E

### **Alcoholism and the twelve step groups**

- ❑ The characteristics and progression of alcoholism
- ❑ Specific health issues
- ❑ Alcoholism and violence
- ❑ “Stinking thinking”
- ❑ Family responses to an alcoholic member
- ❑ Assessment of need - referral is not failure
- ❑ Relapse prevention and appropriate counselling methods

## Module F

### **Illegal and prescription drugs dependency and detoxification**

- ❑ The characteristics and progression of legal and illegal drug dependency
- ❑ The details of street drug and their effects
- ❑ Specific health issues
- ❑ Assessment of need - relapse prevention, process not event
- ❑ Working with heroin and cocaine abusers
- ❑ Detoxification in patient and out patient - introduction to the 'Samurai' method
- ❑ Preparing a client for detoxification – how can we support at this stage?
- ❑ The use of prescribing in detoxification – methadone and subutex

## Module G

### **Eating disorders (including an introduction to self harm)**

- ❑ The characteristics and progression of eating disorders
- ❑ Specific health and family issues
- ❑ Assessment of need and care planning
- ❑ Referral is not failure
- ❑ Appropriate help and counselling skills
- ❑ Relapse prevention and helping clients through failure

## Module H

### **Adrenalin-based addictions (including pornography)**

- ❑ Gambling, work, sex, exercise, religion, shopping, computers, etc.
- ❑ The characteristics and progression of adrenalin-based dependency
- ❑ Specific health and family issues and transfer of addictions
- ❑ Assessment of need – issue of dual diagnosis
- ❑ Counselling skills for working with these addictions
- ❑ Special topic – self harm
- ❑ Avoiding stress and burnout in this work



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