

AddictionsUK

Online and Face-to-Face Training Handbook



What are the steps between 12-Step approach

AddictionsUK Opiates and opioids

- Natural, semi-synthetic, and synthetic derivatives from opium poppy
- Heroin, cocaine, morphine, methadone and other widely used analgesics (painkillers).
- Heroin can be injected, swallowed or smoked - difficult to manage recreationally, as tolerance develops quickly
- Methadone is usually swallowed or sometimes in injectable form, and a prescription only medicine
- Methadone prescribed as a substitute for heroin either to stabilise or reduce use



AddictionsUK Case Studies 11 & 12 Addictions Arts Activity

- Detoxification cards can be portable of meditation
- Inpatient tools to those in recovery
- Medical symptoms for an instant positive
- Assessment issues
- Long-term affirmations are an essential brain reprogramming



AddictionsUK Boredom in Recovery

- Management of boredom plays a central role in the recovery of addicts
- Boredom is a relapse trigger
- Relapse from boredom more likely to happen in early stages of recovery



Step 21: "Sought through inquiry to improve spiritual seeking only for knowing rightful path in life."

- "I had spent twelve years of the standard of powerlessness."
- "I had spent twelve years of the standard of powerlessness."
- "I had spent twelve years of the standard of powerlessness."

AddictionsUK

What are the signs and symptoms of withdrawal from addictive substances and alcohol?



Obsessive Compulsive Disorder (OCD)

Obsessive Compulsive Disorder (OCD) is a mental health condition characterized by intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that interfere with daily life.

AddictionsUK

Integrative treatments for co-occurring substance use and mental health disorders?



The Concept of 'Powerlessness'

- In a step-by-step approach, powerlessness is a concept that is often misunderstood, and that has a long history in the recovery community.
- Powerlessness is a concept that is often misunderstood, and that has a long history in the recovery community.
- Powerlessness is a concept that is often misunderstood, and that has a long history in the recovery community.



AddictionsUK The Twelve

"A design for living with addiction"

AddictionsUK

Step 7 Activity

Identify the support systems in your life, internal and external:

- What do they do to support you?
- What else could they do to support you?



Contents

Welcome.....	2
Addictions UK Training Programmes	2
Online Training Modules	3
Face-to-Face Training Programmes	4
Who Can Benefit from Our Training Programmes?	5
Why Invest in Training?.....	7
Why Choose Addictions UK?	7
Addictions UK Training Courses	8
Addictions, Withdrawal Recovery and Treatment	9
12-Steps Recovery from Addiction Programme	10
12 Steps and Cognitive Behavioural Therapy (CBT) Approaches in Treatment for Addiction	12
Co-occurrence of Substance Misuse and Mental Health Disorders	13
Caring for Family Members/Loved Ones with Substance Misuse/Addictive Disorders	15
Behavioural Addictions and Compulsions	17
Neurodiversity and Pathological Dependency.....	18
Socioeconomic Costs of Addiction	19
Contact Us	21

Welcome

Addictions UK would like to take this opportunity to welcome you to our Training Programmes

Addictions UK is a leading provider of addictions treatment, established by a group of recovering addicts, alcoholics and carers in 2002. Our aims and purpose are to bring recovery to others through a range of support, care and treatment services. We work to support those experiencing problems with addiction, in addition to their families, friends and carers. We offer a wide range of services designed to help people recover from addiction to drugs, alcohol and harmful behaviours. We also treat many of the compulsions and mental health conditions such as depression that often accompany addiction.

Addictions UK Training has been developed in consultation with Dr Louise Harvey-Golding. Louise holds a PhD in psychology and a master's in special needs and education, and a highly qualified educator, with considerable experience in designing, developing and delivering programmes of education and training. She has managed several projects for voluntary sector, including second tier, organisations, local government and higher education, and has several peer reviewed Public Health publications.

Addictions UK Training Programmes

Addictions UK training programmes have been designed and developed by a multi-disciplinary team of experts, including psychologists, psychiatrists, counsellors, therapists, and other professionals. Over the years we have built a great deal of knowledge in our specialisms and want to share this with others. These exceptional standards are reflected in our high-quality training, which incorporates the most up-to-date information and resources to help you improve your knowledge and understanding of the various issues and topics concerned with addiction. We offer a range of online modules and face-to-face workshops and courses. Prices for our training are dependent on your sector and training requirements. Bursaries may be available.

AddictionsUK

Online Training Modules

Our online training is designed to fit around your commitments, offering an accessible package of learning resources materials, which are available to access online 24 hours a day, 7 days a week.

We have used the most recent e-learning technology, which provides an easy-to-use, friendly interface that can be accessed via the devices you personally use, including your computer, lap-top and hand-held devices such as tablets and phones. The content of our online training is delivered in a variety of visual, written and audio formats to suit different learning styles.

We have several established online training modules in the area of addiction and much more! Each online module is broken down into smaller and more manageable bitesize sessions that you can complete at your own pace, in your own time. You can start, pause, and resume your online training at any time.

As well as the online training modules, you will also have access to suite of additional resources and materials, including links to videos, media reports, research reports, policy documents; signposting to advice and support; and detailed reference lists, so you can explore areas of interest further.

You will also be provided with friendly and timely support throughout your online training experience from our online training support team.



AddictionsUK

Face-to-Face Training Programmes

We have a range of established short half-day training courses and workshop sessions, and longer one-to-three-day courses. We also provide bespoke training, customised and tailored to yours' and/or your organisation's requirements. We are more than happy to adapt our training to yours' and your organisation's individual requirements – simply contact us to discuss your specific needs or ideas.

All our face-to-face training can be arranged at a time, location and venue, which are most suitable for you and/or your organisation. We also can provide you with in-house training, providing you and/or your organisation with cost-effective way to train staff, volunteers and committee members. You choose the date, duration and location of the course, and we come to you. In house training provides a cost-effective and time-efficient way to provide skills development for staff and volunteers.

Interactive and Collaborative

Our training style is friendly and enjoyable and our face-to-face training courses are interactive. You will be encouraged to link the training content to your own profession, practice or personal circumstances. The interactive elements of our training enable learning to be more easily transferable to your professional and personal circumstances, and/or your workplace, profession, interest and/or area of study. Our face-to-face training also encourages collaboration, knowledge sharing and network/relationship building.

Our Trainers and Facilitators

Our face-to-face training is delivered by trainers and facilitators who have a wealth of specialist and practical knowledge and experience in the areas of addictions, mental health, psychology and neurodiversity. You will receive a high level of support and tutoring from experienced practitioners, experts and specialists at an affordable price.

Who Can Benefit from Our Training Programmes?

Training for Everyone

If you want to develop your skills, broaden your knowledge, improve your practice or just keep up with current practice, Addictions UK training programmes can provide a



solution for you and/or your organisation. Addictions UK provides training for everyone, regardless of qualifications and experience. Our training is suitable for professionals, staff, volunteers, students and individuals at all levels, including those working with and/or supporting people experiencing addiction or anyone with an interest or anyone wishing to embark on a career in addiction, mental health and/or neurodiversity. We will support anyone wanting to increase their understanding of addiction and related issues and topics.

Increase your Knowledge and Understanding

Our training is the ideal way to increase your knowledge and understanding, enrich your existing knowledge with up-to-date information, increase your effectiveness and further your professional development. Our training courses are perfect for Continuous Professional Development (CPD) for a wide range of professions including professionals, practitioners, staff, volunteers and service providers working in the fields of:

Health
Mental Health
Health and Social care
Sexual Health
Substance Misuse
Education and Special Educational Needs
Youth and Community
Social Housing
Criminal Justice and Policing

Training for Consortiums and Networks

We can also provide affordable training to consortiums of organisations or networks, providing a great opportunity for you to learn and build relationships with professionals from various locations, backgrounds and fields.



Training for Parents, Family Members, Loved Ones and Carers

In addition to our training is also appropriate for those supporting and/or caring for adults or young people experiencing problems with addiction, and associated comorbidities including mental health and neurodivergent conditions, including:



Why Invest in Training?

Investing in Addictions UK training programmes will increase your knowledge and understanding of addiction and the issues surrounding addiction including mental health and neurodiversity.



Our training will contribute to yours and/or your organisations Continuous Professional Development (CPD). More knowledgeable professionals, staff and volunteers contributes to a more effective workforce with improved outcomes for clients.

Reflecting the diversity of our clients individual and organisational requirements, we offer a choice of ways to learn about the issues and topics surrounding addiction and much more, enabling you and/or your organisation to maximise your learning experience from your chosen training solution.

Why Choose Addictions UK?

Addictions UK is a leading provider of addictions treatment in the UK with a proven record of accomplishment in helping people and their families, loved ones and carers to recover their lives. Our first-class practitioners continue this work and deliver high quality training.

Each course gives you the essential information you need to know about a subject, with additional clearly presented materials, and you can study at your own convenience and pace. You will come away with a richer understanding and knowledge. Presented in clear, jargon-free language, our training is suitable for everyone - whether you're a professional looking to increase your knowledge and effectiveness or someone interested in the topics surrounding addiction for personal reasons.

We do our utmost to make sure that the training you and/or your organisation require is delivered to a high standard within the time and budget required. We guarantee to offer the best price possible while still providing high quality training. Please contact us for a quote.

Addictions UK Training Courses

We have several established courses in addiction and much more!



Addictions, Withdrawal, Recovery and Treatment

12-Steps Recovery from Addiction Programme

12 Steps and Cognitive Behavioural Therapy (CBT) in Treatment for Addiction

Co-occurrence of Substance Misuse and Mental Health Disorders

Caring for Family Members/Loved Ones with Substance Misuse/Addictive Disorders

Behavioural Addictions and Compulsions

Neurodiversity and Pathological Dependency

Socioeconomic Costs of Addiction

Further details on these courses are provided below

AddictionsUK

Addictions, Withdrawal Recovery and Treatment

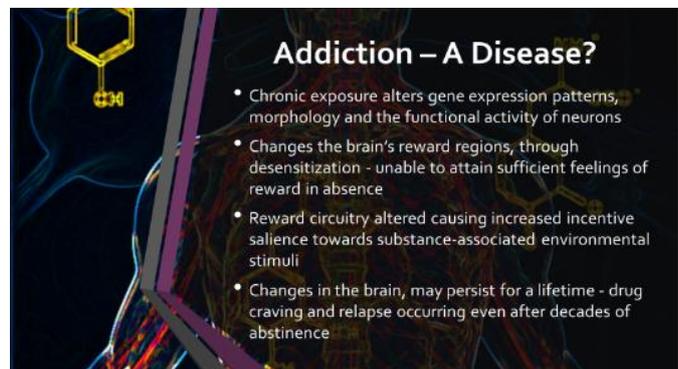
What is addiction?

You will explore the definitions and theories associated with addiction. You will learn about the development and progression of addiction, recognise the brain's reward pathways, and recognise different theoretical models for understanding addiction.



Theories of addiction

You will explore models and theories of addictions, i.e. biological theories, disease model, evolutionary model, developmental model, sociological theories and self-medication model.



Withdrawal from addictive substances

You will examine withdrawal symptoms from alcohol and various addictive substances.

Abstinence, recovery and relapse

You will compare the concepts and practices of abstinence and harm reduction. You will also learn about the signs, symptoms and triggers for lapse and relapse, and definitions of recovery.



Addiction treatment options

You will investigate various treatment options for alcohol and substance dependency, i.e. detoxification, medication, counselling and therapies, harm reduction interventions, lifestyle support

12-Steps Recovery from Addiction Programme

This training focuses on the 12-Steps Programme for recovery from addiction. You will learn about the key concepts of 12-Steps Programme and identify methods of application. This is a highly interactive course.

Background and Context

You will explore the background to 12-Steps and receive an overview of the 12-Steps programme.

Steps 1 to 3

You will explore steps 1 to 3 of the 12-Steps programmes. This includes the concept of powerlessness, in terms of admitting powerlessness over addictions, recognising that help is needed. You will also explore the concept of 'higher power' and the significance of this concept in recovery from addiction.

Steps 4 to 6

You will explore steps 4 to 6 of the 12-Steps programmes. This includes the requirement and process of making an objective assessment of oneself. You will also examine the concepts of truth and reconciliation in terms of successful recovery from addictions. Finally, you will examine the processes involved in 'letting go of defects in character.'



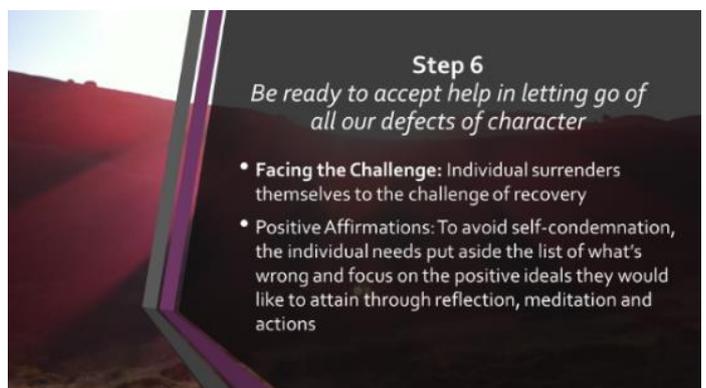
The Twelve-Steps

- End of US Prohibition 1933 – increase in alcoholism
- Growth in number of treatment programme such as AA
- Development of 12-step programme
- More holistic approach – mind, body and spirit
- Counselling and medical intervention still essential to recovery
- 12-steps provides a bridge between past behaviours and an addiction free future



Thought Records/ Diaries

- Guided, written exercises used to keep track of behaviours the individual wants to address, and create awareness surrounding their emotional and cognitive responses
- May provide insight into the origins of the individual's trauma, as well as core beliefs about themselves and negative cognitions and self-talk



Step 6

Be ready to accept help in letting go of all our defects of character

- **Facing the Challenge:** Individual surrenders themselves to the challenge of recovery
- **Positive Affirmations:** To avoid self-condemnation, the individual needs put aside the list of what's wrong and focus on the positive ideals they would like to attain through reflection, meditation and actions

Steps 7 to 9

You will explore steps 7 to 9 of the 12-Steps programmes. This includes the process of seeking to have one's shortcomings removed, listed those harmed and making efforts to make amends.

Steps 10 to 12

You will explore steps 10 to 12 of the 12-Steps programmes. This includes staying in recovery and seeking through mindful inquiry to improve spiritual awareness. You will also learn about the ongoing process of recovery and support for other in the early stages.



Step 9
Made direct amends to such people whenever possible, except when to do so would injure them or others

- Making amends
- Accepting guidance
- A guide, advisor, someone trusted helps to balance need to be protected at a vulnerable time with the needs of others



Step 10

- Why should you forgive yourself for any perceived flaws or deficits?
- How can you be kinder to yourself?

12 Steps and Cognitive Behavioural Therapy (CBT) Approaches in Treatment for Addiction

As part of this training you will examine the key principles and benefits of 12-Steps and CBT interventions in treatment for addiction/substance misuse. This is an interactive course.

Background and Research

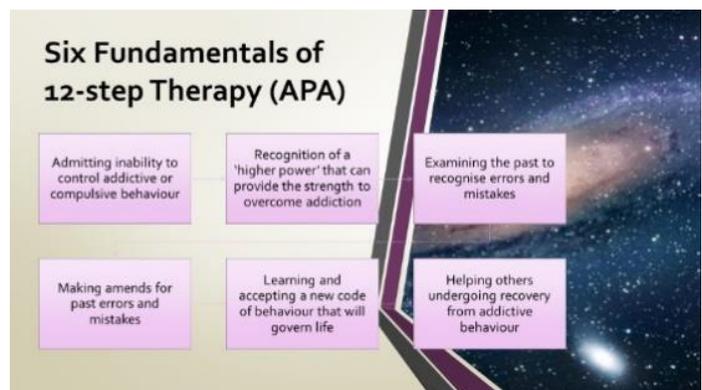
You will examine the background to 12-Steps and CBT approaches, You will also explore the research evidence supporting 12-Steps and CBT approaches in treatment for addiction.

Criticisms of 12-Steps and CBT in treatment for addiction

You will investigate the criticisms of 12-Steps and CBT in treatment for addiction. You will also examine the conflicts between 12-steps and CBT approaches in treatment for addiction.

Similarities between 12-Steps and CBT in treatment for addiction

You will learn about the similarities in 12-Steps and CBT approaches in treatment for addiction through Steps 1 to 12 of the 12-Steps programme.



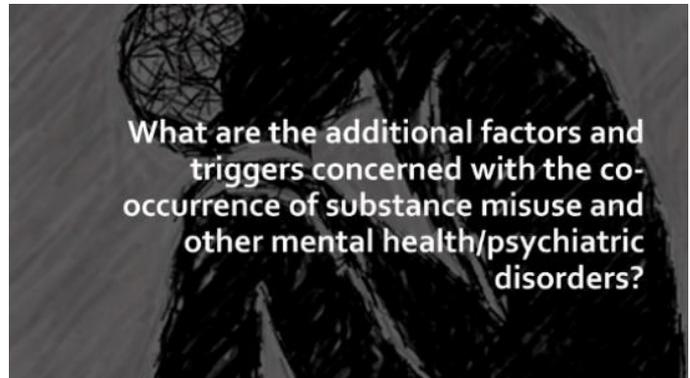
Steps 8 & 9 - My Side of the Street Activity

- Think of a relationship that you have had with another person where there have struggles and difficulties
- What went wrong in the relationship?
- What were the behaviours that the other person did to cause the relationship to deteriorate?

Co-occurrence of Substance Misuse and Mental Health Disorders

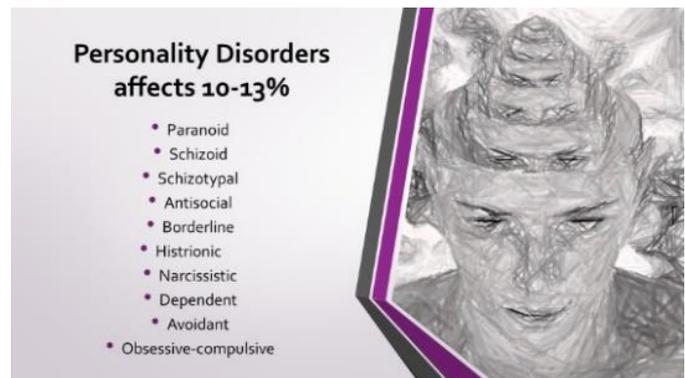
Relationships and Triggers

As part of this training you will explore the relationships and triggers associated with co-occurring substance misuse and other mental health conditions.



Mental Health Conditions

You will learn about 'Dual Diagnosis' and the comorbidity of addictive and substance misuse disorders with other psychiatric and mental health conditions. You will also explore the various mental ill health conditions and psychiatric disorders that may coexist with substance dependency and misuse.



Substances of Misuse

You will learn about the difference between substance use and misuse. Moreover, you will explore the various substances of use and misuse and their characteristics.



Treatment options

You will explore the various treatment options for substance misuse and dependency and coexisting mental health conditions. This includes detoxification, medication for substance misuse and mental health conditions, counselling and therapies and other interventions such as harm reduction interventions.



Additional needs

You will explore the barriers to treatment for those with substance misuse and dependency problems and coexisting mental health and psychiatric disorders. You will also examine exclusion and unmet need for those with comorbid addictive and mental health conditions. Finally, you will consider groups with additional needs, such as females, LGBTQ and other minorities.



Behavioural Addictions and Compulsions

What are Non-Substance Behavioural Addictions?

You will learn about the characteristics of non-substance behavioural addictions and compulsions and their classifications as psychological conditions.

Different Types of Non-Substance Behavioural Addictions

You will explore various types of non-substance behavioural addictions and compulsions including gambling, gaming, internet, shoplifting, exercise, shopping, work, love, pornography and compulsive eating.

Treatment for Non-Substance Behavioural Addiction

You will examine the treatment, care and support options for individuals experiencing problems with non-substance behavioural addictions and compulsions.



Non-Substance Behavioural Addictions

- There are a number of behaviours, that stimulate the reward system and cause persistent repeated behaviours, despite adverse consequences
- Urge-driven – triggering dopamine release and feelings of pleasure. Continuing to engage leads to further rewards, which makes it difficult to overcome
- Repetitive and recurrent pattern of behaviour within a specific domain, that interferes with functioning in other domains



Love Addiction

- Ongoing preoccupation to the point of obsession
- Inability to exercise control
- Negative consequences directly and/or indirectly related to out-of-control romantic fantasies and serial relationships



Treatment for Behavioural Addictions

- Challenging because, abstinence can be impossible
- Rehabilitation and recovery as opposed to detoxification and abstinence
- 12-Steps, CBT and behavioural therapies, and group therapies

Neurodiversity and Pathological Dependency

History of Neurodiversity

As part of this training you will learn about the history and background of neurodiversity. Delegates will have the opportunity to explore the context, definitions and theories surrounding neurodiversity.

Attention-deficit disorder/hyperactivity disorder (ADHD)

- Inattentiveness
- Difficulty organising and getting tasks done
- Procrastination and organizational problems
- Following directions
- Remembering information
- Concentrating
- Appearing timely in appointments

Research indicates an increased risk for substance use disorders in young people with untreated ADHD

Neurodivergent Conditions

You will investigate a number of neurodivergent conditions encompassed under the 'neurodiversity' umbrella. You will also have the opportunity learn about developmental, psychiatric and medical conditions included under the term 'neurodiversity.'

Addiction Definitions and Theories

You will understand various definitions of addiction, and the development and progression of addiction. You will also recognise the brain's reward pathways. Finally, you will recognise different theoretical models for understanding addiction. You will explore various definitions of addiction, the development of addiction, and the theories concerning addiction.

Biological Theories

Addiction

- Physiology and Genetics
- Variable ability control impulsive desires with rational thought is a brain function
- Inherited predisposition or genetic factors

Addictions

You will investigate different types of substances of misuse. You will also explore behavioural addictions.

Stimulants:

- Cocaine, amphetamines, caffeine and nicotine
- Forces release of energy chemicals and stimulates pleasure centre
- Can cause and/or mimic mania, anxiety, depression, psychosis and bipolar disorder

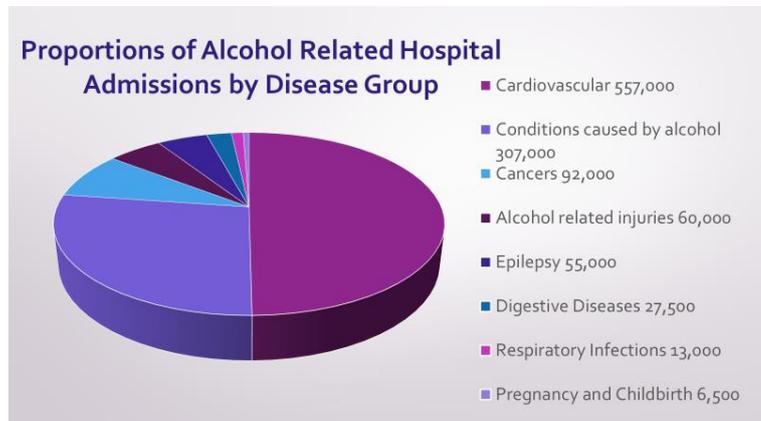
Neurodiversity and Addictions

You will investigate the prevalence of comorbid addictive disorders and neurodivergent conditions. You will also examine explanations for comorbid addictive disorders and neurodivergent conditions. Finally, you will explore options for treatment, care and support for individuals with comorbid addictive disorders and neurodivergent conditions.

Socioeconomic Costs of Addiction

Health Costs of Alcohol Misuse and Dependency

You will examine the health costs of alcohol misuse and dependency. This includes alcohol misuse harms, hospital admissions and mortalities.

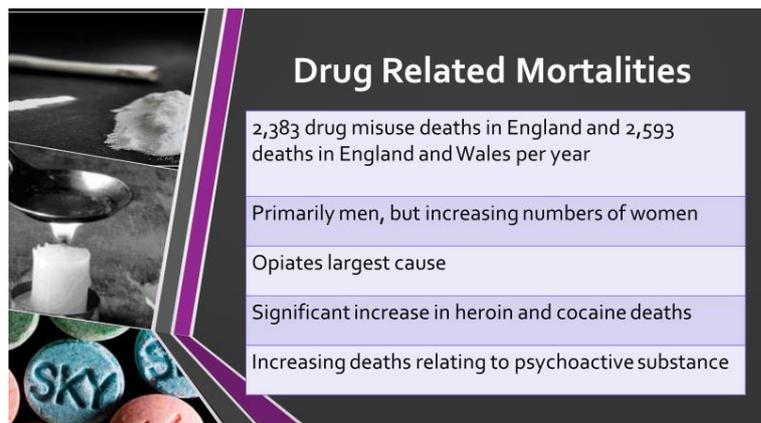


Health Costs of Drug Misuse and Dependency

You will examine the health costs of drug misuse and dependency. This includes alcohol misuse harms, hospital admissions and mortalities.

Harms and Risks to Families

You will investigate the harms and risks to families, loved ones, partners, and carers living with and/or supporting those with alcohol/substance misuse and dependency problems. You will also examine issues concerned with safeguarding of children and vulnerable people and parental misuse and dependency.

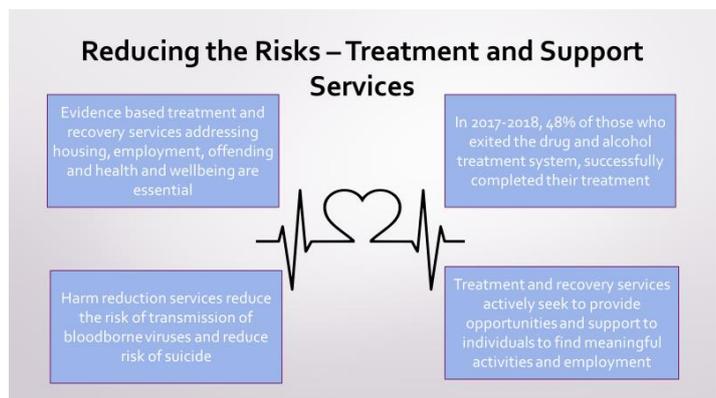
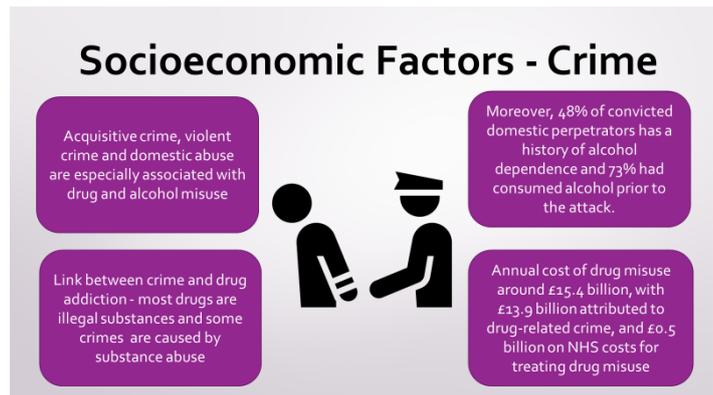


Socioeconomic Factors

You will examine the socioeconomic factors associated with substance and alcohol misuse and dependency. This includes contributing and associated factors such as deprivation, poverty, domestic violence and crime.

Reducing the Risks

You will learn about reducing the risks associated with alcohol and drug misuse and dependency through treatment and support services. You will also investigate strategies in place to reduce the risks of misuse and dependency on children. Finally, you will explore the wider social benefits and cost savings of risk reduction strategies and provision.



Contact Us

If the outlines courses do not fit your requirements, we can tailor bespoke training to yours' and/or your organisation's needs.

Please contact us to discuss yours' and/or your organisation's requirements via email or telephone.

Contact Email [training@addictionsuk.com]

Contact Telephone [0300 330 3040]

AddictionsUK