



COURSE GUIDE

UNDERSTANDING AND WORKING WITH ADDICTIVE BEHAVIOURS

BECOME A ONE-TO-ONE RECOVERY VOLUNTEER

COURSE GUIDE: UNDERSTANDING AND WORKING WITH ADDICTIVE BEHAVIOURS

OVERVIEW

This course is designed to provide Cadas volunteers with the competencies to deliver one-to-one psychosocial interventions to our adult clients. The course will give attendees an understanding of their own psychological processes, and how to reflect on these in order to 'be' with a person in a one-to-one environment. Trainees will be taught basic therapeutic skills and practice, and learn how to work with Cadas clients in an ethical and safe manner.

COURSE STRUCTURE

This course is delivered via fourteen full-day sessions over fourteen weeks (with a break midway). Attendees must not miss more than two sessions and missed sessions must not be consecutive.

TEACHING METHODS

Teaching is by formal explanation, discussion, process groups (small group work where individuals can explore their own learning day by day), practical activities and triad practice (each volunteer taking the role of client, volunteer and observer in turn).

ASSESSMENT METHODS

Trainees are assessed in the following ways:

- throughout the course by observation of their interactions with the group and facilitators
- at the end of the course, by reviewing their reflective learning journal (completed each week - reflecting on their learning/areas of challenge/insights)
- a mid-term assessment - made up of a written paper on the application of theoretical models and an observation of relational dialogue
- during triads, by reviewing observation sheets from facilitators and peers
- transcript and critique of ten minutes of a one-hour psychosocial intervention session, handed in at session 14

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COURSE BREAKDOWN

- WEEK ONE** **INTRODUCTIONS – HOW DO I KNOW YOU?**
- Week one of the course is all about introductions. This is an opportunity for attendees, trainers and facilitators to build rapport. Attendees are given information about aims, objectives and course assessment methods, and work together to develop a group contract and agree safe boundaries. This session also introduces the purpose and methods of reflection, problem-solving strategies and preferred life positions.
- WEEK TWO** **RE-INTRODUCING – NOTICE WHAT THERE IS TO NOTICE**
- During week two we explore the limits of the Cadas Recovery Volunteer role, and discuss the importance of establishing and maintaining boundaries. We then define what is meant by a ‘Psychosocial Intervention’ (PSI) and contextualise this within the work of Cadas. Finally we discuss the ‘Johari Window’ and its application in terms of personal reflection, accepting feedback and gaining insight.
- WEEK THREE** **THE MAP IS NOT THE TERRITORY**
- Week three of the course will focus on senses and judgements. We help attendees develop an awareness of senses and sensory acuity (how good your senses are at doing what they should do), and how to recognise their own preferences (visual, auditory, kinaesthetic, olfactory and gustatory). We then investigate how information is filtered by our beliefs (prior experience), and how we all make judgements based on these. We will also explore the presuppositions of Neuro-Linguistic Programming (NLP) and their meanings.
- WEEK FOUR** **EVERY BEHAVIOUR HAS POSITIVE INTENTION**
- During week four of the course, we cover rapport and communication. We help attendees understand the meaning of ‘rapport’, and how to recognise when it has been established. Additionally we explore different communication techniques, including: reflecting, paraphrasing, active listening and mindful awareness.

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- WEEK FIVE** **YOUR MIND AND BODY ARE PARTS OF THE SAME SYSTEM**
- During week five we explore the ‘Drama Triangle’ and ‘Winner’s Triangle’, both concepts grounded in the field of Transactional Analysis (TA), and reflect on the positions attendees may take within these. We then go on to explore ‘emotions’, how they are our somatic response to a stimulus, and how they interlink with thoughts, body sensations, urges and actions - the ‘hot cross bun’ formulation, a concept rooted in Cognitive Behavioural Therapy (CBT). Finally we explore how ‘moment by moment’ awareness can be used as an effective tool.
- WEEK SIX** **WE MAKE THE BEST CHOICES WE CAN WITH THE RESOURCES AVAILABLE AT THE TIME**
- During week six we introduce the Transactional Analysis (TA) concept of ‘Drivers’. We discuss the different Drivers, identify attendees’ own Drivers, and reflect on their importance within a one-to-one encounter. We then explore what ‘symbiosis’ and ‘passivity’ mean within the context of Transactional Analysis, and explore examples of attendees’ own passivity.
- WEEK SEVEN** **MID-TERM ASSESSMENT**
- Written assessment and relational dialogue
- WEEK EIGHT** **THE MEANING OF YOUR COMMUNICATION IS THE RESPONSE YOU GET**
- During week eight we revisit the concept of the Johari Window in relation to feedback, use this to explore the usefulness of feedback and introduce the importance of well-formed outcomes. Attendees are then taught the structure of one-to-one psychosocial intervention sessions, given the opportunity to practise their one-to-one skills and given feedback.
- WEEK NINE** **WE ALL HAVE THE RESOURCES WE NEED, OR WE CAN CREATE THEM**
- Week nine further builds upon the knowledge and skills gained during week eight. We revisit how to create a well-formed outcome and how to agree and work within a contract. We then re-establish the structure of one-to-one psychosocial intervention sessions, give attendees the opportunity to practise their one-to-one skills, and give feedback.
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WEEK TEN HAVING CHOICE IS BETTER THAN NOT HAVING CHOICE

Week ten of the course explores the ethical implications of working with clients, along with the ethical frameworks pertaining to Cadass and the legislation that informs our practice. Attendees are also made aware of the importance of equal opportunities and anti-discriminatory practices. During this session, attendees are given the opportunity to practise their one-to-one skills and given feedback.

WEEK ELEVEN LIFE IS JUST A DREAM

During week eleven we introduce the concept of Motivational Interviewing and its usefulness within the context of Cadass. We then explore the stages of the Cycle of Change, and how to work with people who are at different stages of their recovery journey. Attendees are also given the opportunity to practise their one-to-one skills and given feedback.

WEEK TWELVE EVERYTHING AND EVERYONE IS INTERCONNECTED

During week twelve, we explore the concept of 'relationship'. We cover the importance of the relationship in a one-to-one session, the impact of relationship on client work and practise moment-by-moment awareness in relation to one another. Attendees are also encouraged to recognise and commit to practising some self-nurturing activities. Attendees are given the opportunity to practise their one-to-one skills and given feedback.

WEEK THIRTEEN IF ONE PERSON CAN DO SOMETHING, IT CAN BE LEARNED

During week thirteen we recap the structure of a one-to-one session, and give attendees the opportunity to practise their one-to-one skills and given feedback. During this session we reflect on attendees' experience of the course, and prepare for endings.

WEEK FOURTEEN YOU ARE ALWAYS, AND IN ALL WAYS, MORE THAN YOU THINK YOU ARE

During the final week, we ask attendees to reflect on their own processes in terms of ending, and encourage them to recognise their own growth over the course. Attendees are asked to share feedback with one another, and hand in all assessment paperwork.

This is an example course breakdown. Structure and content may vary.