

3 Full day comprehensive addiction treatment training timetable



Thursday Arrive by 2.30pm

3pm
Welcome and afternoon tea

3.30pm - 5pm
Session 1
Informed Consent / Evaluation measures / Introduction

5pm – 6pm
Personal time / Familiarisation with reading material

6pm
Dinner

7.30pm
DVD – Russell Brand's Addiction to Recovery / Familiarisation
with reading material

Friday

7.30am - 9am
Self-serve breakfast

9.15am - 11am
Session 2
Physical addiction – Tolerance Tracker / Withdrawal

11am -11.30am
Morning tea

11.30am-1pm
Session 3
Primary Psychological Defence: Denial

1pm-2p
Lunch

2pm- 3pm
Walk to look out



3pm-3.30pm
Afternoon Tea

3.30pm-5pm
Session 4
The neuroscience behind addiction

5pm- 6pm
Personal time

6pm
Dinner

7.30pm
DVD / Personal reflection / Homework

a) Read over the brain and do written exercise 'Am I serious about Recovery?' using a specific client as an example.

b) Read session 12 Memory Detail and consider use with a specific client, noting Countertransference.

Saturday

7.30am-9am
Self-serve breakfast

8.15am- 8.45am
Walk

9.15a -11am
Session 5
Primary Psychological Defence 2: Self Delusion

11am-11.30am
Morning tea

11.30am-1pm
Session 6
Intoxicated Self / My Inner world of Self Images

1pm-2pm
Lunch

2pm-3pm
Buggy ride to Dam Cliffs

3pm-3.30pm
Afternoon tea



3.30pm-5pm
Session 7
Person Profile.

6pm
Dinner

7.30pm
DVD / Personal time

Sunday

7.30am-9am
Self-serve breakfast

9.15am-11am
Session 8
Acceptance / Power Greater / Relapse Prevention

11am-11.30
Morning tea

11.30-1pm
Questions / Final reflections / Evaluations

1pm-2pm
Lunch

2pm
Departure

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