



**CPPD (UK) Ltd
Counselling School
Training Courses**

WORKING WITH ADDICTIONS

We are offering four weekends that aim to offer practitioners education and insight into working with individuals who present with problems of an addictive nature. Each weekend will run from 10:00am to 5:00pm Saturday and Sunday 10:00am to 4:30pm. On completion of each weekend, students will be awarded a Certificate of Attendance. Each day will be filled with information, experiential exercises and opportunity for discussion.

To be awarded the Certificate for working with addictions students will be required to, in addition to attending all four courses, submit two academic assignments. Please ask for more information when applying.

Weekend I: UNDERSTANDING EATING DISORDERS

This weekend focuses on all areas of eating problems including compulsive and binge eating. It explores the cognitive, emotional and behavioural process involved and pays attention to the particular complexities of working with clients who present with eating disorders. The training will look at how family circumstances together with social and cultural values combine in the development and maintenance of this condition. The workshop uses didactic teaching, vignettes and role-play.

Weekend II: ADDICTION: ASSESSMENT, DIAGNOSIS & TREATMENT INTERVENTIONS

This weekend is centred around assessment, diagnosis and treatment interventions. We will learn how to recognise when dependency issues are primary to a persons struggle and begin to look at blocks to the treatment process such as denial. This weekend demystifies the nature of addiction and recognises it's patterns at emotional, cognitive, spiritual and behavioural levels.

Weekend III: COUNSELLING APPROACHES TO ADDICTION

This weekend focuses on specific and specialist counselling approaches. Different addictions will be discussed and participants will be encouraged to explore the application of various therapies such as humanistic and other mainstream approaches to addiction. We shall also look at support groups such as Twelve Step Fellowships.

Weekend IV: ADDICTIONS – RELAPSE PREVENTION

This weekend focuses on realistic aims, contract setting and relapse prevention. Addiction a multi-faceted and complex issue and identifying and understanding relapse process on cognitive, behavioural and emotional levels is a vital part of the assessment and treatment process.

For more information, course dates and prices please contact us:

tel: (020) 8341 4843
e-mail: info@cppd.co.uk
Web: <http://www.cppd.co.uk/>