

Addictions



Addiction is not having control over doing, taking or using something that may be harmful. It's possible to become addicted to any substance/activity from chocolate to gambling. Addicts go from liking to wanting to needing. Our 3 hour course will help you understand the reasons & treatments available for the most common addictions e.g drugs, alcohol, smoking & gambling. This introductory course is suitable for anybody who wants to have some proven ways of helping those with addictive behaviour.

6 things you will gain by attending

- List the indicators of addictive behaviour
- Examine the physical, mental & social effects of addiction
- Understand the mechanisms involved in changing behaviour
- Discuss the essential principles of helping people with addictions
- Describe the medical treatments for addictions
- Explore how psychological therapies can help in the recovery process