

Managing Alcohol Addiction



This half-day course will help you understand some of the reasons for alcohol addiction & explore how to help people in an empathic, non-judgemental way. It will also prepare you deal with challenging behaviours in a safe professional manner.

8 things you will gain by attending

- Examine the effects of alcohol on the body & mind
- Discuss medical treatments for alcohol abuse
- Examine the proven psychological interventions for alcohol abuse
- Increase empathic understanding about alcohol abuse
- Identify support services both nationally & locally
- Understand the process of change management
- Know how to deal with relapses
- Learn how to safely manage challenging behaviours