

Addiction, Dependency and Change

Trainer: Phil Harris
Date: 29th November 2020
Time: 10am – 5pm
Venue: Zoom



Trainer's background: Phil Harris has worked in the drug misuse field for over 28 years as a practitioner, trainer and manager. He has extensive experience across the field having worked in frontline drug and alcohol services, street homeless day centres and mental health services. He has managed a wide range of teams including family services, young people, dual diagnosis & personality disorders and substance misuse.

He is a visiting lecturer at Bristol University Social Policy Unit and was advisor to the US BICEP programme. He has designed treatment programmes and multi-county treatment systems that have set new standards in treatment outcome and shaped national policy. He was also an advisor for the World Health Organisation in the Balkans region. He has written over 20 scholarly articles on effective practice and has published five books on substance misuse, treatment effectiveness, family and young people with complex needs. Visit www.philharris.online for more information.

About the Course: This course offers participants the opportunity to understand the key concepts of substance misuse and effective treatment. It begins by exploring historical and cultural contexts of drug and alcohol use and why we think about substance misuse in particular kinds of ways. The course then defines the difference between addiction and physical dependency and what this means for treatment. It examines pathways into addiction and identifies sub-populations of problem use that present with differing profiles and needs. Based on this understanding, the course gives practitioners key skills in addressing addiction and dependence as well as how people recover based on the latest research. This then offers a platform to develop practical and rapid symptom management strategies to support people through change.

Who is This Course For?: This course will be very helpful to a wide range of professionals whose work brings them into contact with problematic drug and alcohol users who want to gain understanding and practical skills. It will also be very helpful for new substance misuse workers or agencies that are considering their current treatment approaches and hope to develop more effective outcomes.

Method of Delivery: The training course is highly interactive, even during presentations. It uses a wide variety of learning approaches including presentations, pairs and small group work exercises and self-assessment. The course is also supported with free e-learning and further resources to re-cap, review and refresh learning available from the website.

Course objectives:

By the end of the course participants will have had opportunities to:

- Describe the development of drug and alcohol problems
- Define addiction & dependence
- Understand the process of change and recovery
- Provide a range of interventions to support people through change

Agenda

Time	Programme	Activity
Time 9.30	Programme Zoom room will open at 9.30am. Please sign in by 9.45 to ensure access	
10.00	Introduction & Climate Setting	
10.15	Drug and Alcohol: Intoxication Understanding the Spectrum of Use Dependence vs Addiction	Small & Large group discussion Case Studies
11.15	Break	

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11.30	The Development of Drug and Alcohol Problem Steppingstone verses Gateway Trajectories of use Prognosis	Large and Small groups Pairs
1.00	Lunch	
2.00	Change Recovery Common factors How to address dependence How to address addiction	Presentation Small groups
3.00	Break	
3.15	Rapid Symptom Management Cravings Depressed mood Anxiety Trauma memory Poor impulse control Distress intolerance	Presentation Pairs Groups
5.00	Close & Evaluate	