

SUBSTANCE ABUSE (W114) COURSE OVERVIEW

COURSE OBJECTIVE

To intervene in the faulty thinking errors associated with substance abuse. The course was designed for anyone addicted to any chemicals regardless of which one.

COURSE CONCEPTS

UNIT 1: *PUTTING LIFE IN FORWARD* - Question what you believe, it could be wrong.

UNIT 2: *SUBCONSCIOUS MIND* - You can tell right from wrong by observing the results.

UNIT 3: *HUMAN NEEDS* - Chemical addictions separate us from our emotional needs.

UNIT 4: *DRUGS AND COURAGE* - Users have a dimmer switch attached to their body.

UNIT 5: *SUBSTANCE ABUSE* - Affects every part of life.

UNIT 6: *ANGER AVOIDANCE*-Anger and lack of empathy is a result of addiction.

UNIT 7: *SKILLS FOR LIFE* -Ten cognitive skills to empower self-change.

UNIT 8: *MANAGING LIFE* - Take charge and manage your life, or it will manage you.

COURSE COMMENTS

It is important to remember that we have both an inner and outer self. The interaction between mind and body is hyperactive with substance abusers as they try to deal with what they know is right and powerful cravings (cognitive dissonance). Once a person's body is addicted, the only course back to sobriety is through the mind.

However, the only window of opportunity for teaching life-changing cognitive skills is during periods of sobriety. Cognitive restructuring does have the ability to intervene in faulty thinking. In the end there has to be an intrinsic desire to change or it won't happen. This workbook has proven to be very effective in helping users overcome self-defeating thoughts and behaviors; just let it happen.

COURSE CRIMINOGENIC NEEDS MET

(1)Antisocial cognitions (2) Antisocial companions (3) Substance abuse

COURSE REVIEW QUESTIONS

- How can you take life out of reverse and put it in forward?
- How do you go from being a victim to becoming a survivor?
- If you don't set goals now, where will you be in fifteen years?
- How can you tell right from wrong?
- How is it possible to believe in things that are not true?
- What are the benefits of having your hierarchy of needs met?
- What do you see when you go through the door?

EXIT TEST

1.
 O
 137 people
 O
2. _ _
 O
 O
 Jason
3.
 O
 values, attitudes, and behaviors.
 O
4.
 O
 doesn't know right from wrong.
 O
5.
 O
 lose control of their lives.
 O
6.
 O
 O
 observing what it produces, the results.
7.
 of the way she was scripted as a child.
 O
 O
8.
 O
 denies the truth and blames others.
 O
9.
 O
 O
 both of the above.
10.
 O
 feel validated and secure.
 O
11.
 because there is no happiness in doing wrong.
 O
 O
12.
 O
 O
 20 years
13.
 O
 are often in denial.
 O
14.
 Italy.
 O
 O
15.
 O
 Curt
 O
16.
 O
 neurotransmitters and neuroreceptors
 O
17.
 O
 going against what you know is right.
 O
18.
 O
 a secondary emotion.
 O
19.
 O
 Tammy
 O
20.
 O
 O
 we have to change what we are doing.