



SUBSTANCE ABUSE 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.

Agreements:

1. It is important to be on time. The instructor will set times for breaks. Late students may not be readmitted.
2. There will be no tobacco use in the classroom. All electronic devices (including cell phones) must be turned off during class sessions.
3. Any person who comes to class under the influence of alcohol or drugs will not be admitted.
4. In order to receive a certification of completion for this program, each person must participate and follow instructions. Anyone causing a problem in class will be asked to leave.
5. All students are free to say whatever they feel as long as they do not infringe on the rights of other members of the group.
6. Each person is responsible for his or her own learning. It is okay to have a good time.
7. Each person must attend all sessions in order to receive a certificate of completion.

Week 1: *PUTTING LIFE IN FORWARD*

Week 2: *SUBCONSCIOUS MIND*

Week 3: *HUMAN NEEDS*

Week 4: *DRUGS AND COURAGE*

Week 5: *SUBSTANCE ABUSE*

Week 6: *ANGER AVOIDANCE*

Week 7: *SKILLS FOR LIFE*

Week 8: *MANAGING LIFE*

