

## SPECIALITY RECOVERY AND WELLNESS MODULE

**Welcome to the specialty module Substance and Behaviour Misuse and Addiction.**

This module is 10 hours of learning and comprises a mixture of video and reading.

The sections (lessons) of this module are set out as follows:

### **Section:**

- 1. Overview and Introduction**
- 2. Knowledge Domains: Overview of Substance and Behaviour Misuse**
  - a. The Addicted Brain
  - b. Substance Abuse
  - c. Passage of Drugs into the Body
  - d. Addiction to Prescription Drugs
  - e. Most Addictive Pain Drugs
  - f. Behavioral Addiction
  - g. Compulsive Gambling
  - h. Alcohol effects on the Body
  - i. Alcohol Dependence
  - j. Harm Reduction
  - k. Article – Is Addiction really a disease?
  - l. Article – Is Alcoholism really a Disease?
- 3. Recovery (within Addiction, Substance Misuse)**
  - a. Varieties of Recovery Experience
  - b. Styles of Secular Recovery
  - c. Medications in Recovery
  - d. Peer based Recovery Support Services
  - e. Life Meaning & Purpose in Recovery
- 4. Nutrition, Sleep, Stress, Exercise**
  - a. 12 Tips on sleep and early Recovery
  - b. Benefits of Exercise in Addiction Recovery
  - c. Exercise SMART Recovery Excerpt
  - d. Nutrition and addiction
  - e. Stress and Addiction
- 5. Definition, Principles, Systems and Coaching**
  - a. Definition of Recovery and Wellness in this specialty
  - b. Core principles in context of SBMA
  - c. Relationships and systems in the SBMA context
- 6. Recovery and Wellness Coaching Approaches.**

- a. The Hidden client - An approach

**7. Coaching problems, pitfalls and challenges**

- a. Getting triggered
- b. Going for rescue
- c. Detachment V Engagement
- d. Failure to refer and over referring
- e. Neglecting relationship design

**8. Coaching Family and Significant others**

**9. Module finalization**