

Workshop Topics



**Sunshine Coast
Health Center**

Powell River, BC

Monday: Meaning/Spirituality

- **Spirituality:** Addiction as a counterfeit search for the transcendent
- **Rat in the cage:** Comparing Minnesota Model with SCHC, which helps clients understand that SCHC program is based on treatment outcomes research
- **Timeline in recovery:** Why relapse is so high in early recovery and what to do about it
- **Intensity:** A key dynamic to understand addiction is that addicts use intensity as a substitute for meaningful living
- **Meaning centered therapy and self-determination theory:** Understanding the SCHC approach
- **Narrative:** Understanding that each person makes decisions that determine his life
- **Apocalypse Now! and drugs:** Examination of the role of drugs in the first scene of the movie
- **Stress:** Understanding the nature of stress from SCHC's POV
- **Attaching life to a higher purpose:** Happiness demands that people live for more than themselves
- **Viktor Frankl's Eulogy Exercise:** Finding what really matters in a client's life
- **Rat Park:** Examining Bruce Alexander's experiment and its conclusion that the key to recovery is "To thine own self be true"

Monday: Evening Workshop

- **Journaling** – Writing the new chapter of life after treatment

Tuesday: Spiritual Principles/Positive Psychology

- **Gratitude** – Based on the work of Robert Emmons
- **Acceptance** – Based on the work of Paul Wong
- **Tolerance** – Based on the work of Ernie Kurtz
- **Humility** – Based on the work of Ernie Kurtz and Ken Hart
- **Forgiveness** – Based on the work of Ken Hart

Wednesday: Medical Aspects of Addiction

- OTC drug interactions
- Smoking cessation
- Nutrition/exercise
- Mental health issues
- Physical effects of drug abuse
- Sexually transmitted infections (STI)

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Thursday: Drugs & Your Brain, Relapse Prevention

- **Bio-psycho-social-spiritual model:** Addiction is a complicated interaction of four components, which helps clients understand what is needed for recovery
- **Predisposition:** Emphasizes that addiction is not in the drug but in the person
- **Two theories of why drugs are powerful:** covers the mainstream pleasure theory and the cutting edge 'focus' theory
- **Mechanisms of how we become intoxicated:** Help clients understand that the drug is a vehicle that allows the brain's natural chemicals to be the agent of intoxication; and suggests how this can be accomplished naturally
- **Post acute withdrawal & long-term potentiation:** Understanding the consequences in the brain of prolonged substance use

RELAPSE PREVENTION

- **Addiction cycle I:** The psychology of triggers/cravings
- **Addiction cycle II:** Techniques to deal with triggers/cravings
- **Neurobiology of cravings**
- **Drugs & sexual addiction**
- **Drugs & gambling addiction**
- **Masculinity**
- **Lessons from Daniel Baldwin:** How not to get recovery
- Self-sabotage
- Marlatt's immediate determinants and covert antecedents as useful for relapse prevention
- Mindfulness techniques for relapse prevention

Friday: 12 Steps

INTRODUCTION TO THE 12-STEP PROGRAM

- **Connections:** Psychological basis of the 12 steps based on AA's interpretation of the alcoholic as self-centered
- **12-step quiz:** Practical matters covering etiquette, sponsorship, and procedures
- **Bill W. – Carl Jung letters:** Influences on AA, including the work of William James

- **Spirituality of imperfection:** Based on the writings of Bill W., and Ernie Kurtz's The Spirituality of Imperfection
- **SCHC & 12-steps:** Shows the similarities between the two programs
- **Q&A on 12-step programs**

Saturday

- **Diet –** Understanding that the body and brain need nutrients

Sunday

No workshop

Other

- **Building Healthy Relationships –** A series of workshops on family relationships given during the week of family program.
- **Neatness & TDA:** Research on the importance of neatness for recovery
- **Movies on addiction:** A series of movies that provide information on the nature of addiction and recovery

Note: Workshop topics are subject to change without notice.