

# Workshop Topics



## Meaning/Spirituality

These workshops provide a language and framework to help clients understand (1) that addiction is a response to lack of personal meaning in life and (2) what a personally meaningful life looks like and how to achieve it.

## Relationships

Research has shown that positive relationships are necessary for recovery because they are fundamental to living a meaningful life. These workshops help clients appreciate why relationships are so important and why they can do to improve them.

## Drugs & Your Brain

The purpose of these workshops is to help clients appreciate that addiction has a physical basis in the brain. Topics include how different drugs affect the brain and the long-term consequences of substance use.

## Medical Aspects

These adjunct workshops to Drugs & Your Brain are delivered by the Medical and Body Works team. Topics include sleep hygiene, anxiety, medication education, diaphragmatic breathing, meditation, nutrition, and exercise. Physician-led workshops cover topics such as antipsychotics, antidepressants, steroid use and more.

## Coping Skills

Those in active addiction typically develop coping skills that don't work very well. These workshops help clients develop more effective ways of dealing with emotions and reactions such as anxiety, anger, conflict, and more.