



COURSE TITLE LIVING CIRCLES: A Community Program for Drug and Alcohol Addiction

COURSE DESCRIPTION

This six-week program will discuss the physical, emotional and psychological aspects of drug abuse and the impact this has on self, family, friends and the community at large. The program is educational and practical, offering a deeper understanding of addiction, the tools with which to rebuild your life and group discussions on where to from here. It will address the reasons why we use drugs, the importance of letting go of the identification as a drug addict and how to re-enter community life. Group discussions will support the processes people are going through – introducing re-connection to our self and coming back to an awareness of our body as the key elements along with the principles of self-care and self-nurturing. Examples and techniques will be given of how this can be practically introduced into daily life. We will present how through connection we can begin to address our hurts and rejections from a more observational perspective, without being overtaken by our emotions. We will also introduce that through connecting and listening to our bodies that we have the answers; this begins to rebuild a relationship with our self that can debase our feelings of powerlessness. The program aims to empower the participant and re-connect them back to the essence of who they truly are.

PURPOSE

This group is for people who want to live life without drugs and alcohol or any other form of self-medication who are looking for support to stay on track.

The groups will discuss:–

- The impact drugs have on health, family and relationships
- Understanding the cycles of addiction.
- Personal responsibility - making the changes that are needed
- Letting go of identifying as a drug addict
- The importance of connection and listening to the body

Simple tools and techniques will be offered to support the participant

- To re-connect to their bodies
- To listen to their bodies
- To begin to self-love and self nurture

This group will be facilitated by health professionals who have all completely turned their lives around from addiction. This support network will include the counsel and sharing of ex-addicts, a doctor, a psychologist, a psychiatric nurse and a drug and alcohol counsellor.

This will be a community focus support group.

The potential is to offer community activities to aid coming out of isolation – bushwalks, gardening activities, cooking together – introducing coming back into the world again.

This course will take drug addiction from an individual issue to a community issue – networking within the community – re-establishing a sense of purpose.

**DELIVERY
STRUCTURE**

Six weeks / 1.5 hour weekly face to face

**COURSE
DESIGN**

The program consists of six integrated sessions which build on and complement each other, starting with exposing society's attitudes and perceptions of drug addiction and how these affect the way people view themselves. From here there will be an exploration of the different physical and emotional changes that happen as a result of the drug use and underlying hurts and rejections. There will be a progression to the importance of connection, listening to your body, self-care and self-nurturing and how these support through the transition from survival to re-entering life and living as a fully accountable, empowered member of the community - living life in full.

PRESENTERS

Jenny McGee: Psychologist
Mary-Louise Myers: Complementary Health Practitioner
