

PURPOSE

The purpose of the Phase One Group is to provide information and support to people who are currently in the early stages of making changes to their substance use.

Please contact us for the next available start date.



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PHASE ONE



GENERAL

FORMAT

The format of the group is a series of eight psycho-educational seminars related to substance use, change and relevant lifestyle issues. Presentations, discussions, handouts and videos will be used to provide information.

BASIC EXPECTATIONS

- Substance-free for 24 hours prior to group
- Honour group confidentiality
- Arrive on time and remain for the duration of the group
- Be an active participant and listener
- Be aware of your personal goals throughout the group process

OUTLINE

Throughout the eight weeks the following topics will be discussed:

COMMUNICATION

An exploration of communication skills, assertiveness and “saying no” techniques

SUBSTANCE USE INFORMATION

General information about alcohol and other substances, including the process of dependency, tolerance, and standard drink measures

THINKING PATTERNS

An exploration of defense mechanisms and cognitive distortions associated with dependency, including a video highlighting the three-fold nature of substance abuse.

FAMILY IMPACT

A discussion on the impact of substance abuse and recovery on family members: what are the reactions, how to develop family support. What is the impact of family on substance use patterns. .

LIFESTYLE

How to develop a lifestyle which supports your substance use goals. Focus is on developing a relapse prevention plan, coping skills and good self-care routines.

SUBSTANCE USE DECISIONS

Exploring the decision-making process regarding achieving substance use goals.

FEELINGS

Exploring, identifying and effectively dealing with emotions and feelings. Anger management and stress management techniques are discussed.

ADDICTION & MENTAL HEALTH

Introduction to concurrent disorders.

