

# **Drug Addiction and Compulsive Gambling Program**

## **SYNOPSIS**

## **Workshop's Theme: Anxiety and drinking**

### **Main Objective:**

- Help the clients to deepen their knowledge on the notion of anxiety and relate it to their addiction problem.

### **Specific Objectives:**

- Learn the definition of the words: fear, anxiety, anguish, defense mechanism and automatic thoughts
- Identify diverse sources of anxiety
- Learn the cycle of anxiety
- Identify the consequences of addiction on anxiety
- Help the clients to identify safe ways to manage anxiety

### **Planning the activity**

#### How to reach the objectives

- Theories related to anxiety and other associated concepts
- Presentation on the anxiety cycle
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **References:**

***Add references***

## **Workshop's Theme: The living environment and anxiety**

### **Main Objective:**

- Help the clients to become familiar with their living environment and make connections with their addiction problem

### **Specific Objectives:**

- Understand the benefits of a sound living environment
- Identify the main components of a sound living environment
- Help the clients to identify concrete ways to introduce sound habits in their living environment
- Help the clients to become aware of the negative effects of their drinking habits in many spheres of their living environment

### **Planning the activity**

#### How to reach the objectives

- Theories about a sound living environment: values, needs, limits and behavior
- Presentation of an outline on the living environment
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references**

## **Workshop's Theme: Anger, violence and addiction**

### **Main Objective:**

- Help the clients to become familiar with the notions of anger and violence and make the connections with their addiction problem

### **Specific Objectives:**

- Differentiate the meaning between anger and violence
- Identify the main forms of violence
- Help the clients to identify violent behaviors and the effects on their living environment
- Help the clients to identify adequate ways of coping with their anger and their aggressiveness
- Help the clients to make links between their drinking habits and the management of their anger and violent behaviors

### **Planning the activity**

#### How to reach the objectives

- Theories about anger and the occurrence of violence
- Presentation on the cycle of violence and the chart of accumulation of frustrations
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references**

## Workshop's Theme: The Jellinek curve

### Main Objective:

- Help the clients to become familiar with the idea that addiction is a disease that slowly grows

### Specific Objectives:

- Help the clients to consider how alcoholism develops in different stages and to understand the steps towards recovery
- Help the clients to locate themselves at some point of the Jellinek curve
- Help the clients to become aware of the similarities between alcoholism and other forms of addiction according to the Jellinek curve

### Planning the activity

#### How to reach the objectives

- Theories on alcoholism as a disease according to the Jellinek curve
- Presentation of the Jellinek curve and the stages of alcoholism
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- Duration: 1 h 15

### Add references

## **Workshop's Theme: Cyberaddiction**

### **Main Objective:**

- Help the clients to become familiar with the notion of cyberaddiction and to acquire more information on this concept

### **Specific Objectives:**

- Define cyberaddiction in its different forms
- Help the clients to identify the symptoms and the effects of cyberaddiction in their life.

### **Planning the activity**

#### How to reach the objectives

- Theories on cyberaddiction
- Presentation of a chart on self-observation of their attention to the Internet and new technologies
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references**

## Workshop's Theme: Relapse

### Main Objective:

- Help the clients to become more aware of the possibility of suffering a relapse and to develop preventive and/or positive reactions,

### Specific Objectives:

- Help the clients to consider the possibility of a relapse
- Understand the process leading to a relapse
- Help the clients to become aware of the dangers related to a relapse
- Help the clients to prevent a relapse

### Planning the activity

#### How to reach the objectives

- A presentation of myths and realities, in ways of right or wrong, leading to a definition of relapse
- Presentation on the process of relapse
- An outline and a discussion on the dangers associated with a relapse
- Discussions on ways of preventing a relapse
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### Add reference

## **Workshop's Theme: The addiction cycle (Stanton Peele)**

### **Main Objective:**

- Help the clients to become familiar with the Stanton Peele model on addiction and help them to relate notions with their own problems.

### **Specific Objectives:**

- Help the clients to acquire knowledge related to addiction, to the law of effects and the addiction cycle
- Help the clients to identify their own addiction problems versus the Stanton Peele model
- Help the clients to find options to their addiction cycle

### **Planning the activity**

#### How to reach the objectives

- Theories on the concept of addiction and the law of effects of that problem
- Personal reflections on addiction and the means to overcome it
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references**



## **Workshop's Theme: The grief linked to giving up consuming**

### **Main Objective:**

- Help the clients to understand the process of giving up consuming and how to deal with the grief related to their addiction problem

### **Specific Objectives:**

- Help the clients to acquire knowledge related to important theories on bereavement
- Help the clients to understand the different steps of bereavement and to identify the emotions arising in each case
- Help the clients to identify elements that may prevent to solve a bereavement problem

### **Planning the activity**

#### How to reach the objectives

- Theories on the process of bereavement
  - Discussions and interaction between the clients and the group moderator (group conversation)
  - Overview of the workshop to verify achievements.
- 
- **Duration: 1 h 15**

### **Add reference**

## **Workshop's Theme: The development of addiction**

### **Main Objective:**

- Help the clients to understand the multiple faces of addiction

### **Specific Objectives:**

- Help the clients to acquire knowledge related to the biological, psychological and social risks associated with addiction
- Help the clients to make links between the risk factors of addiction and the models studied previously
- Help the clients to identify certain risk factors of addiction in their own situation

### **Planning the activity**

#### How to reach the objectives

- Theories on the risk factors of addiction in a bio-psychological perspective
- Establish links between theories and addiction models shown in previous workshops
- Discussions and interaction between the clients and the group moderator (group conversation)
- Sharing experiences and thoughts on theories shown in the present workshop
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references**

## **Workshop's Theme: Emotions and consumption**

### **Main Objective:**

- Help the clients to understand their emotions and establish a relationship with their addiction problem

### **Specific Objectives:**

- Understand the meaning of emotion
- Help to identify the five basic emotions
- Help the clients to make links between emotions and drinking
- Help the clients to discover ways of living out their emotions healthily

### **Planning the activity**

#### How to reach the objectives

- Theories on emotions
- A presentation on the four-step procedure to manage emotions
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references**

## **Workshop's Theme: Self-esteem, assertiveness and consumption**

### **Main Objective:**

- Help the clients to acquire the proper tools and information related to assertiveness and self-esteem and to relate it to their addiction problem

### **Specific Objectives:**

- Help to understand the meaning of assertiveness and self-esteem
- Help the clients to make out their position on their assertiveness and self-esteem
- Help the clients to find ways of increasing their self-esteem and assertiveness
- Help the clients to discover the important role of self-esteem and assertiveness regarding the problem of addiction and how drinking is harmful for their self-esteem and assertiveness

### **Planning the activity**

#### How to reach the objectives

- Theories on self-esteem and assertiveness
- A presentation on the links between addiction and the concepts discussed in the workshop
- Discussion and report on how to implement and increase self-esteem and assertiveness
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references**

## **Workshop's Theme: Managing relationships**

### **Main Objective:**

- Help the clients to discover how they manage their emotions and the links to be made with addiction.

### **Specific Objectives:**

- Understand the meaning of emotional addiction and affective self-sufficiency
- Learn the main features of an emotionally dependent, fused and solitary person
- Help the clients to discover the main features of a sound affective relationship
- Help the clients to develop their emotional self-sufficiency
- Help the clients to recognise the effects of their emotional deficiencies in their relationships
- Help the clients to relate their emotional deficiency to their consumption habits
- Help the clients to identify the similarities between their consumption habits and the needs to be contended in their relationships

### **Planning the activity**

#### How to reach the objectives

- Theories on affective dependency and affective self-sufficiency
  - A presentation on the features of an emotionally dependent and solitary person
  - Discussions and interaction between the clients and the group moderator (group conversation)
  - Overview of the workshop to verify achievements.
- 
- **Duration: 1 h 15**

## **Add references**

### **Workshop's Theme: The ability to communicate**

#### **Main Objective:**

- Help the clients to discover their ability to communicate and establish links with their dependency problems

#### **Specific Objectives:**

- Help the clients to be comfortable with the main basic principles of communication
- Help the clients to discover the advantages of speaking in «I» form when they communicate
- Help the clients to understand how to perceive their emotions with others
- Help the clients to consider the effects that their consumption habits have in the way they communicate

#### **Planning the activity**

##### How to reach the objectives

- Theories on communication
- A presentation on the basic principles of communication
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

#### **Add references:**

## **Workshop's Theme: The effects of consuming on health and living environment**

### **Main Objective:**

- Help the clients to discover the effects of their consumption habits in their environment

### **Specific Objectives:**

- Help the clients to be aware of the negative effects of their consumption habits on their relationships
- Help the clients to express their emotions when they realise the effects that their consumption habits have on the people around them
- Help the clients to identify the means of repairing the damage they have caused to their surroundings

### **Planning the activity**

#### How to reach the objectives

- ~~How to~~ Identify and speak about the effects of consumption on the clients' surroundings
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references:**

## **Workshop's Theme: Mental intoxication**

### **Main Objective:**

- Help the clients to understand the concept of «mental intoxication»

### **Specific Objectives:**

- Help the clients to gain knowledge (signs, causes, features) related to «mental intoxication»
- Help the clients to establish links, when necessary, with the different features of «mental intoxication»
- Help the clients to provide solutions when managing «mental intoxication»

### **Planning the activity**

#### How to reach the objectives

- Theories on «mental intoxication»
- Discussions and interaction between the clients and the group moderator (group conversation)
- Discussion and reflection on ways of providing solutions
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references:**



## **Workshop's Theme: BEING and HAVING**

### **Main Objective:**

- Help the clients to understand the concepts of «Being» and «Having» and show the links to their addiction problem

### **Specific Objectives:**

- Help the clients to understand the full dimensions of «Being» and «Having»
- Help the clients to identify how to create a better balance between «Being» and «Having»
- Help the clients to realise the negative effects of over-investing on «Having» in their life
- Help the clients to identify guiding values and the means to update them

### **Planning the activity**

#### How to reach the objectives

- Theories on the dimensions of «Being» and «Having»
- Putting up a value scale with the clients
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references:**

## **Workshop's Theme: Incentives to cease consuming and to change**

### **Main Objective:**

- Help the clients to understand the importance of motivation and to acknowledge the incentives leading them to undertake a therapy

### **Specific Objectives:**

- Help the clients to identify the biological, mental; and social consequences of consuming psychoactive substances
- Help the clients to define the concept of motivation (intrinsic and extrinsic)
- Understand the process of change as described by Prochaska and Di Clemente (let the clients discover where they are standing)

### **Planning the activity**

#### How to reach the objectives

- Expression and identification of the consequences of consumption on a bio-psychological level
- Definition of the concept of motivation (intrinsic and extrinsic)
- Explain the stages of change as described by Prochaska and Di Clemente
- Overview of the workshop to verify achievements.
  
- **Duration: 1 h 15**

### **Add references:**

## **Workshop's Theme: The perception of reality**

### **Main Objective:**

- Help the clients to acknowledge the basic concepts of the cognitive behavioral approach and to relate it to their addiction problem

### **Specific Objectives:**

- Help the clients to acknowledge the principles of automatic thoughts
- Help the clients to identify the negative effects of automatic thoughts relating to their addiction problem
- Help the clients to uncover their power to challenge their perceptions of reality and avoid adopting a problematic behavior.

### **Planning the activity**

#### How to reach the objectives

- Theories on the cognitive behavioral approach
- Presentation of the main automatic thoughts
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

### **Add references :**

## Workshop's Theme: Perfectionism

### Main Objective:

- Help the clients to acknowledge the basic concepts of perfectionism and to relate it to their addiction problem

### Specific Objectives:

- Help the clients to understand the theories on perfectionism and optimisation
- Help the clients to apply the principles of perfectionism and optimisation in their own life
- Help the clients to identify the ways to move from perfectionism to optimisation

### Planning the activity

#### How to reach the objectives

- Theories on perfectionism and optimisation
- Personal reflections on the clients' attitude towards perfectionism
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.

- **Duration: 1 h 15**

#### Add references:

## **Workshop's Theme: Philosophy: Alcoholics Anonymous in 12 steps**

### **Main Objective:**

- Present the Alcoholics Anonymous (A.A) and Narcotics Anonymous (N.A) way of living in 12 steps

### **Specific Objectives:**

- Help the clients' reflection on the meaning of the theory of the 12 steps
- Help the clients to deepen their knowledge on each of the 12 steps

### **Planning the activity**

#### How to reach the objectives

- Theories on ways of living the 12 steps
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.
  
- **Duration: 1 h 15**

### **Add references**

## **Workshop's Theme: The prevention of relapse**

### **Main Objective:**

- Help the clients to identify the activation process leading to the consumption of psychoactive substances

### **Specific Objectives:**

- Help the clients to identify different triggering agents
- Help the clients to understand the behavioral consequences relating to the triggering agents
- Help the clients to identify ways of adapting their behavior

### **Planning the activity**

#### How to reach the objectives

- Theories on the different triggering agents
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.
  
- **Duration: 1 h 15**

### **Add references:**

## **Workshop's Theme: Preventing compulsive gambling (1)**

### **Main Objective:**

- Help the clients to deepen their knowledge on compulsive gambling

### **Specific Objectives:**

- Help the clients to comprehend the meaning and the criteria related to compulsive gambling (DSM-V)
- Identify the causes leading to compulsive gambling
- Understand behavioral habits related to compulsive gambling
- Help the clients to distinguish between gambling and skill games

### **Planning the activity**

#### How to reach the objectives

- Presentation of the DSM-V criterion, of the behavioral pattern linked to compulsive gambling and the progressive curve of compulsive gambling and its restoration
- The similarities between compulsive gambling and toxaemia
- The distinction between gaming, gambling and skill games
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.
  
- **Duration: 1 h 15**

### **Add references :**

## **Workshop's Theme: Preventing compulsive gambling (2)**

### **Main Objective:**

- Help the clients to deepen their knowledge on the functioning of slot machines and video lottery machines (VLM)

### **Specific Objectives:**

- Help the clients to choose responsible gaming and prevent the development of compulsive gambling
- Help the clients to perfect their knowledge on games of money and chance, particularly on the functioning of gaming machines
- Help the clients to change their beliefs on the functioning of gaming machines

### **Planning the activity**

#### How to reach the objectives

- A demonstration of gaming with appropriate software
  - A presentation of the many traps potentially leading to erroneous thoughts
  - Explanations on the notions of luck, the independence of rounds, the expectations to win and the illusion of self-control
  - Discussions and interaction between the clients and the group moderator (group conversation)
  - Overview of the workshop to verify achievements.
- **Duration: 1 h 15**

### **Add references :**



## Workshop's Theme: Psychology of addiction

### Main Objective:

- Help the clients to understand the addictive substance model according to DSM-IV-TR

### Specific Objectives:

- Help the clients to learn the theories related to the addictive substance model according to DSM-IV-TR
- Help the clients to discover the similarities between their own life experiences and the theories that have been explained
- Help the clients to become familiar with other forms of addiction close to the model of addictive substances dependency
- Help the clients to become aware of addictive substances transference

### Planning the activity

#### How to reach the objectives

- Theories on diagnostic criterion of addictions according to DSM-IV-TR
- Activities on applying criterion of addictive substances to other forms of addiction:
  - Work addiction
  - Food addiction
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.
  
- **Duration: 1 h 15**

#### Add references :

## **Workshop's Theme: Relaxation**

### **Main Objective:**

- Help the clients to become familiar with the notion of relaxation

### **Specific Objectives:**

- Give a definition of relaxation
- Help the clients to discover the benefits of relaxation
- Help the clients to become familiar with the tensions in their body
- Try out different methods of relaxation and breathing

### **Planning the activity**

#### How to reach the objectives

- Theories on relaxation and breathing
  - Play music to help the clients to calm down and relax
  - Overview of the workshop to verify achievements.
- 
- **Duration: 20-30 minutes**

### **Add references:**

## **Workshop's Theme: The Karpman triangle**

### **Main Objective:**

- Help the clients to increase their knowledge as described by the Karpman triangle and to solve their own dependency problems.

### **Specific Objectives:**

- Explain the different roles (Savior, Victim, Persecutor) described in the Karpman triangle and show the clients how their addictions lead them to play these roles
- Help the clients to realise how they are playing the roles described in the Karpman triangle in different types of relationships
- Help the clients to identify how to free themselves from the dynamics of the Karpman triangle

### **Planning the activity**

#### How to reach the objectives

- Theories related to the roles described in the Karpman triangle
- Presentation on the Karpman triangle
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.
  
- **Duration: 1h 15**

### **Add reference:**

# **Workshop's Theme: Post Traumatic Stress Disorder (PTSD) 1**

## **Main Objective:**

- Help the clients to increase their knowledge on the symptoms of PTSD

## **Specific Objectives:**

- Help the clients to know the definition of a traumatic disorder
- Help the clients to increase their knowledge and a better understanding of the diagnostic criterion of PTSD
- Help the clients to identify how to better cope with the symptoms of PTSD

## **Planning the activity**

### How to reach the objectives

- Theories related to PTSD
- Discussions and interaction between the clients and the group moderator (group conversation)
- Overview of the workshop to verify achievements.
  
- **Duration: 1h 15**

## **Add reference:**