



Skills for Supporting Those Affected by Addiction

Level 2 qualification

Starting Tuesday 5th October – Tuesday 30th November 2021

10.00am – 2.00pm

Understanding identities, equality and discrimination

Explore the concept of perception and how this influences judgement of individuals

Develop an understanding of how assumptions are made and how these relate to others

Discuss issues of discrimination, equality and prejudice

Understand the concept of reflective diaries.

Effective Communication

List and describe the skills necessary for effective communication

Demonstrate effective communication

Evaluate how communication methods impact on others

Stress & Addiction

Define stress and explanation on how stress can affect individuals

Identify ways of coping with stress

Explain the meaning of addiction and Identifying factors that influence addiction

Identify methods to promote positive behaviour changes.

Methods of Support

Identify possible needs of those who misuse substances

Outline methods of supporting individuals affected by addiction

Describe the importance of ensuring a safe and comfortable environment for providing support

Devising a basic support plan for an individual affected by addiction

Mutual Aid

Explain the term 'mutual aid'

Identify advantages and disadvantages of mutual aid

Describe the possible expectations of mutual aid participants

Explain the importance of individual contributions within mutual aid

Identify behaviour that may adversely affect group dynamics and explain how to manage this

**Susan Kennedy Centre, 63 South View, Ashington,
Northumberland, NE63 0SF**



**Please speak to your keyworker if you are interested in attending this course
or if you need further information**

email sarah.tannock@escapefamilysupport.org.uk or

Call Angie Turnbull on 07812983611

Please book as soon as possible as places are limited.



