

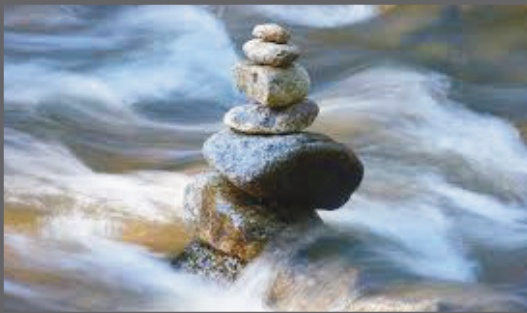


The Olive Branch
Triumph Over Life's Difficulties

011 849 7473 072 122 4766



The community resiliency model



applied to trauma and substance abuse

CRM SKILLS TRAINING - Day 1

- 8:30 - 9:30 Introductions-experiential exercise
- 9:30 - 10:00 Key concepts of CRM
Reactions to trauma
- 10:00 - 10:30 Key Concepts: Resilient Zone and Stuck in High/Low Zone
- 10:30 - 10:50 **Break**
- 10:50 - 11:30 Language of sensation
Resilience and tracking-
Theory followed by experiential exercise
- 11:30 - 12:30 Practice session
Working in triads on tracking sensation
- 12:30 - 13:00 Theory Skill 2 grounding
- 13:00 - 14:00 **Lunch**
- 14:00 - 14:30 Theory Skill 3 Resource and resource intensification
Invitational language
- 14:30 - 15:00 Practice session
- 15:00 - 15:20 **Break**
- 15:20 - 16:20 Practice session
- 16:20 - 16:30 Closing exercise





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CRM SKILLS TRAINING - Day 2

- 8:30 - 9:00 Questions and comments from day 1 Grounding in big group and practice basic 3

- 9:00 - 9:30 Theory Nervous system and memory
Signs of nervous system release and discharge
Survival responses –aggressor, prey and witness

- 9:30 - 10:00 Skill 4 Theory Gestures and spontaneous movements
Skills 5 and 6-Theory Help now and shift and stay

- 10:00 - 10:20 **Break**

- 10:20 - 11:30 Practice session
- 11:30 - 13:00 Children and fear- Children's activities

- 13:00 - 14:00 **Lunch**

- 14:00 - 15:00 Activity applicable to adults and children Practice session

- 15:00 - 15:20 **Break**

- 15:20 - 16:00 Activity applicable to adults and children Practice session
- 16:00 - 16:30 Evaluation and closing





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The new face of addiction

Presented at Elim Clinic
SACSSP – 6 CPD points applied for - pending
HPCSA – 4 General CEU's allocated

08:00 - 08:30	Registration
08:30 - 09:00	Welcome & Introduction
09:30 – 10:30	DSM5 Criteria for substance use disorders The latest trends on the drug scene – Small and big group discussion Dual diagnosis – Double trouble – Case study Dynamics of addiction - Video material
10:30 – 11:00	Tea, Coffee & Refreshments
11:00 – 12:00	Classification of substances of abuse - Video material Depressants, Stimulants, Hallucinogens and Opioids
12:00 – 12:30	The process of addiction – Video material and case study
12:30 – 13:30	Lunch
13:30 – 14:30	New generation drugs (Synthetics, Nyaope, Whoonga, and Krokodil) Signs and paraphernalia to look out for What if you or someone you know has a drug problem? Small and big group discussion
14:30 – 15:00	Evaluation, certificates and closure





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The journey continues

Recovery, relapse prevention and aftercare workshop

Presented at Elim Clinic
SACSSP – 6 CPD points applied for - pending
HPCSA – 6 General CEU points allocated

08:00 – 08:30	Registration
08:30 – 09:00	Welcome & Introduction
09:00 – 10:30	Factors in managing change Treatment considerations when working with addicts and their families - Video material and case discussions The recovery process – Video material and group discussions
10:30 – 11:00	Tea, Coffee & Refreshments
11:00 – 12:30	The relapse process – Video material Identifying high risk situations – Video, discussions and worksheets. Relapse prevention planning - Worksheets
12:30 – 13:30	Lunch
13:30 – 14:30	Establishing an aftercare group Video material, case study and worksheets to help design your own aftercare group.
14:30 – 15:00	Evaluation, certificates and closure

