



Hawkeye Associates announces
**RATIONAL ADDICTIONS COUNSELLING
CERTIFICATE PROGRAM**

Presenter: Dr. Ross Mutton, Ph.D., has 40 years of experience in addictions.
What is it? A supplementary therapy for addictions counselling that includes Rational Recovery and Self Management and Recovery Training!
Where: Prince Albert, Saskatchewan
When: June 22, 23, 24, 2004

RATIONAL ADDICTIONS COUNSELLING COURSE OUTLINE:

Participants are asked to pre-read one or both of the following books in preparation for this workshop:

1. *A New Guide for Rational Living*, Ellis and Harper
2. *Rational Recovery*, Jack Trimpey

Day one

- * Discussion of existing approach and two of the most effective alternatives.
- * What constitutes an addiction?
- * Overview of Rational Recovery (RR) and Self Management and Recovery Training (SMART)
- * General principles of addictions treatment in group settings.
- * Stages of change.

Day two:

- * Learn and practice the key instrument for change - ABC of Rational Emotive Behaviour Therapy (REBT).
- * Down arrow or chaining.
- * The art of facilitating as opposed to leading as an authority.

Day three:

- * Pulling it all together.
- * Practice the ABC's.
- * Discussion of the addictions field.
- * Handling relapses.
- * Resources.
- * Referrals

A certificate will be awarded to those who complete the course.
You will be informed of the facilities location prior to the workshop.