

Nature Vs. Nurture – Why Do Some People Become Addicted and Not Others?

Purpose of Training Sessions:

How do some people manage to drink or use drugs occasionally and others can't stop, even when their habit is causing chaos and havoc in their lives? This course examines the bio-chemical changes that happen in the brains of people with addictions and looks at some common theories on addiction. It considers the implications for treatment and discusses how this knowledge may help you as you work with people who have addictions.

Who Is The Course For?

This course is designed for those people whose customers, clients, or even co-workers, may be struggling with addictions. It is not necessarily designed for professionals in the field of substance misuse and addictions, but rather for professionals with other areas of expertise whose work brings them into contact with people with addictions and their families, such as police, teachers, social workers, YOT workers, probation officers, housing workers etc.

Course Objectives:

- To define the term 'Addiction'.
- To gain a basic understanding of the brain structure and processes involved in addiction
- To compare various common theories on the addictive process.
- To describe how knowledge of the addiction process can help in the performance of one's job.

Who Will Facilitate Training:

Mary Smeeth, Young People's Substance Misuse Training Officer. Mary has a BA in English and Education, and an MA in Counselling. She has worked in the mental health field for eleven years, and has worked with adults with mental health problems, as well as adolescents dealing with substance misuse, ADHD, teenage parents and incarcerated youth. Most recently she worked as an in-home family therapist in Arizona, and has taught parenting classes in the USA and the UK.

Date and Venue:

Monday 27 April 2009 – Stowmarket. Thursday 2 July 2009 – Lowestoft. Thursday 3 September 2009 – Framlingham.

Cost and Times:

Course is Free of Charge
9:00 am to 1:00 pm. Tea and biscuits will be provided

