

Timetable Week. 1

4 Week Cycle

Subject to change

DAY	Time	A	M/T	B	Lunch	C	A/T	D
	10am	10.30am	11.30am	11.45am	1.00pm	2pm	3.00pm	3.15pm
Mon Day 1	Group Guidelines Daily Reflection Breathing & Default Mode Network Checkin	DVD and Workshop Chemically Speaking Two Manual (pg 17 – 28) Part 1 – Underlying issues Worksheets (pg 19) 15% vs 85% Abstinence Life issues (Notes given)	M/T	DVD and Workshop Chemically Speaking Two Part 2 – Cycle of addiction Manual (pg 22) Effects of AOD on health & driving Manual (pg 21) 15% vs 85% Abstinence Life issues	Lunch	DVD and Workshop Chemically Speaking Two Part 2 – Stages of Change Manual (pg 24) 15% vs 85% Abstinence Life issues Cross Addiction Manual (pg 131)	A/Tea	Recommended Reading 7 Habits of Highly Effective People Dr. Stephen R. Covey And/or Personal counselling And/or Allied Health
Tue Day 2	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Pleasure Unwoven: Addiction Manual (pg 29)	M/T	Jellinek Curve - Manual (pg 32) Exercise - Manual (pg 33) Grief cycle Manual (pg 89- 90) Johari Window (Group Dynamics) - Manual (pg 34) Process Group	Lunch	Goals; • Short • Medium • Long (Take to counselling) Manual (pg 35 - 37) Reflection	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Wed Day 3	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Avoiding Slips (Part 1) Manual (pg 38) Process Group	M/T	Start Aftercare Plans Fill in Relapse Prevention Manual (pg 39 – 54) Meth clips	Lunch	Optimal Physical & Mental Health (Part 1) Prayer and Meditation. Manual (pg 55 – 57) Process Group Sleep article Manual (pg 166 – 186)	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Thu Day 4	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Denial of 85% (compile list of issues & timeline of events) Manual (pg 58) Process Group	M/T	Needs & Underlying issues (Take to counselling) Manual (pg 59 – 65) Teaching & Workshop (Notes given) Process Group	Lunch	Core Values (Notes given) Why & How to achieve goals. Manual (pg 66 – 75) Action Plan 1 per domain Process Group	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Fri Day 5	Group Guidelines Daily Reflection Breathing & DMN Checkin	10am – 11:30m AA 12 Step Meeting St Augustine's Parish Hall McLean St Coolangatta	M/T	Step 1 Powerlessness & Unmanageability Manual (pg 76 – 78) Tripod of support (counselling / meetings / sponsor) Exercise - Review step 1	Lunch	Spirituality Explored Higher Power of Love (of my own understanding) Questions Manual (pg 79 – 86)	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health

“The journey of a mile, begins with the first step” – Chinese Proverb

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	10am	10.30am	11.30am	11.45am	1.00pm	2pm	3.00pm	3.15pm
Mon Day 6	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Manual (pg 87) Unresolved Anger & Resentments Process Group	M/Tea	Anger Management Manual (pg 88 – 98) Forgiving ourselves & others (George) Manual (pg 99 – 101) Teaching & Workshop Let go of control Process Group	Lunch	Johari Window (Group Dynamics) Write out Life Story Timeline of Negative experiences (Take to counselling)	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Tue Day 7	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Guilt and Shame Manual (pg 102) Process Group	M/Tea	Guilt vs shame Shame based identity (George) Manual (pg 103 – 107) Teaching & Workshop (Notes given) Process Group	Lunch	Write out new script Rebuild identity (Response to 4 issues) Process Group	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Wed Day 8	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Overcoming Fear Manual (pg 108 – 111) Legitimate Fear Vs Illegitimate Fear (King & Mandela)	M/Tea	Boundaries • Family • Friends • Work (Exercise) Manual (pg 112 – 118) Process Group	Lunch	Share Life Stories 1. 2. 3. 4. 5.	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Thu Day 9	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Taking Personal Responsibility Manual (pg 119) Our ideal life (2 - 10yrs) & Core Values Process Group	M/Tea	Communication skills & conflict resolution. Manual (pg 120) Passive / Aggressive vs Assertive = Speak the truth in love. (Part 1 - Notes given) Process Group	Lunch	Pros & Cons of Addiction Cost vs benefits 1 How do I meet my needs now? Stages of change Cost vs benefits 2 What was not so good Manual (pg 121 – 122) The truth about drugs (VIDEO)	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Fri Day 10	Group Guidelines Daily Reflection Breathing & DMN Checkin	10am – 11:30m AA 12 Step Meeting St Augustine's Parish Hall McLean St Coolangatta		Step 2 Came to Believe (Devotion NA: 14/1, 8/7, 4/8 & 9/8) (Devotion AA: 25/3) Manual (pg 123 – 129) Exercise - Review Step 2 Manual (pg 130) 'Beyond Our Reality' Manual (pg 187 – 223)	Lunch	12 Step Program Overview Exercise (My 12 steps) Manual (pg 131 – 134)	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health

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Mon Day 11	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Self Esteem Manual (pg 135) (Write in own words) Process Group	M/Tea	FINISH Aftercare Plans Fill in Relapse Prevention Manual (pg 39 – 54) Meth clips	Lunch	Cost vs benefits 3 My life script & ideal life Cost vs benefits 4 Manual (pg 121 – 122)	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Tue Day 12	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Self Defeating Learned Behaviours Manual (pg 136) Process Group	M/Tea	Cognitive Distortions (pg 137 - 139). Example of 3 Your Erroneous Zones Dr Wayne Dyer Manual (pg 140 – 143) TIME – live theatre (Before & After) Process Group	Lunch	Letter from my addiction to me Manual (pg 144) Letter to my Addiction Divorcing my lover – my addiction...! (not a temporary separation)	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Wed Day 13	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Lapse & Relapse Prevention (Part 2) Manual (pg 145) Process Group	M/Tea	Dealing with ambivalence & Love triangle (5 languages) – George Manual (pg 146 – 147) Teaching & Workshop Process Group	Lunch	Relapse Prevention HALTS Manual (pg 148) 5 D’s to manage craving 5 Myths Process Group	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Thu Day 14	Group Guidelines Daily Reflection Breathing & DMN Checkin	DVD and Workshop Neuronal Connections Manual (pg 149) My reflections on 5 D’s Process Group	M/Tea	(Review DVD - Pleasure Unwoven) Chemically Speaking Two Manual (pg 150) Plans to stay safe and focused The Journey	Lunch	‘My Meaning Of Life’ ‘My Life’s Passion’ Meaning of my life is... Enjoy the journey Graduation & Exit	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health
Fri Day 15	Group Guidelines Daily Reflection Breathing & DMN Checkin	10am – 11:30m AA 12 Step Meeting St Augustine's Parish Hall McLean St Coolangatta	M/Tea	Step 3 Made a Decision to turn my will over to (God) Higher Power of Love Exercise - Review Step 3 Manual (pg 151) Process Group	Lunch	Who am I – (by Casting Crowns) So Beautiful	A/Tea	Recommended Reading 7 Habits of Highly Effective People And/or Personal counselling And/or Allied Health

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Timetable Week. 4 (Primary)

4 Week Cycle

Subject to change

DAY	Time	A	M/T	B	Lunch	C	A/T	D
	10am	10.30am	11.30am	11.45am	1.00pm	2pm	3.00pm	3.15pm
Mon Day 16	Group Guidelines Daily Reflection Breathing & DMN Checkin	7 Habits of Highly Effective People (Workbook) Video Intro Stephen R. Covey	M/Tea	7 Habits of Highly Effective People (Workbook) Part I: Paradigm And Principles Inside-Out Stephen R. Covey	Lunch	7 Habits of Highly Effective People (Workbook) Part I: Paradigm And Principles 7 Habits - Overview Stephen R. Covey	A/Tea	Recommended Reading Man's Search For Meaning Dr. Viktor E Frankl And/or Personal counselling And/or Allied Health
Tue Day 17	Group Guidelines Daily Reflection Breathing & DMN Checkin	7 Habits of Highly Effective People (Workbook) Part II: Private Victory Habit 1: Be Proactive Stephen R. Covey	M/Tea	7 Habits of Highly Effective People (Workbook) Part II: Private Victory Habit 2: Begin with the End in Mind Stephen R. Covey	Lunch	7 Habits of Highly Effective People (Workbook) Part II: Private Victory Habit 3: Put First Things First Stephen R. Covey	A/Tea	Recommended Reading Man's Search For Meaning And/or Personal counselling And/or Allied Health
Wed Day 18	Group Guidelines Daily Reflection Breathing & DMN Checkin	7 Habits of Highly Effective People (Workbook) Part III: Public Victory Habit 4: Think Win / Win Stephen R. Covey	M/Tea	7 Habits of Highly Effective People (Workbook) Part III: Public Victory Habit 5: Seek First to Understand, Then to Be Understood Stephen R. Covey	Lunch	7 Habits of Highly Effective People (Workbook) Part III: Public Victory Habit 6: Synergize Stephen R. Covey	A/Tea	Recommended Reading Man's Search For Meaning And/or Personal counselling And/or Allied Health
Thu Day 19	Group Guidelines Daily Reflection Breathing & DMN Checkin	7 Habits of Highly Effective People (Workbook) Part IV: Renewal Habit 7: Sharpen the Saw Stephen R. Covey	M/Tea	Man's Search For Meaning Manual (pg 153 – 159) 1. You choose your attitude (no matter what happens) 2. Happiness and success must ensue Viktor E Frankl	Lunch	Man's Search For Meaning Manual (pg 153 – 159) 3. He who has a WHY can bear any HOW 4. Mental images Viktor E Frankl	A/Tea	Recommended Reading Man's Search For Meaning And/or Personal counselling And/or Allied Health
Fri Day 20	Group Guidelines Daily Reflection Breathing & DMN Checkin	Man's Search For Meaning Manual (pg 153 – 159) 5. What is life asking us 6. Sunday Neurosis: Slow Roasting Viktor E Frankl	M/Tea	Man's Search For Meaning Manual (pg 153 – 159) 1. Give back to the world with your work or creation 2. Experiencing loving relationships 3. The attitude we take to situations and suffering outside our control Viktor E Frankl	Lunch	Debrief Graduation Congratulations	A/Tea	Personal counselling And / Or Allied Health

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	10am	10.30am	11.30am	11.45am	1.00pm	2pm	3.00pm	3.15pm
Mon Day 21	Group Guidelines Daily Reflection Breathing & DMN Checkin	Dual Diagnosis Drugs & Effects module 1.1-8 Manual (pg 160 – 165) (59min)	M/Tea	Dual Diagnosis Drugs & Effects module 1.9-13 Manual (pg 160 – 165) (57min)	Lunch	Dual Diagnosis Drugs & Effects Engaging with people module 1.14-18 Manual (pg 160 – 165) (59min)	A/Tea	Recommended Reading And/or Personal counselling And/or Allied Health
Tue Day 22	Group Guidelines Daily Reflection Breathing & DMN Checkin	Dual Diagnosis Integrative Model module 2.1-7 Manual (pg 160 – 165) (49min)	M/Tea	Dual Diagnosis Understanding Human Behaviour module 2.8-11 Manual (pg 160 – 165) (55min)	Lunch	Dual Diagnosis Understanding Addictions module 2.12-21 Manual (pg 160 – 165) (60min)	A/Tea	Recommended Reading And/or Personal counselling And/or Allied Health
Wed Day 23	Group Guidelines Daily Reflection Breathing & DMN Checkin	Dual Diagnosis Harm Minimisation Pharmacotherapies module 3.1-4 Manual (pg 160 – 165) (51min)	M/Tea	Dual Diagnosis Orthomolecular Science module 3.5-6 Manual (pg 160 – 165) (35min)	Lunch	Dual Diagnosis Optimal Health module 3.7 (24min) Dual Diagnosis Neurophysiology of the Brain module 4.1-5 (27min) Manual (pg 160 – 165)	A/Tea	Recommended Reading And/or Personal counselling And/or Allied Health
Thu Day 24	Group Guidelines Daily Reflection Breathing & DMN Checkin	Dual Diagnosis Psychosis vs Dissociation module 4.6-8.1 (37min) Dual Diagnosis Integrative Psychiatry module 4.8.1-8.3 (27min) Manual (pg 160 – 165)	M/Tea	Dual Diagnosis Locus of Control Shift Anger Management module 5.1-2 Manual (pg 160 – 165) (50min)	Lunch	Dual Diagnosis Ambivalence & Internal Conflict Unforgiveness module 5.3-8 Manual (pg 160 – 165) (60min)	A/Tea	Recommended Reading And/or Personal counselling And/or Allied Health
Fri Day 25	Group Guidelines Daily Reflection Breathing & DMN Checkin	Dual Diagnosis Negative Thinking Cross Cultural Issues module 5.9-12 Manual (pg 160 – 165) (51min)	M/Tea	Dual Diagnosis Brief Interventions Tripod of Support module 6.1-2 Manual (pg 160 – 165) (45min)	Lunch	Debrief Graduation Congratulations	A/Tea	Recommended Reading And/or Personal counselling And/or Allied Health

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