

# The Root of Addictions Course Outline



## Workshop Objective

The objective of this course is to invite a different perspective for participants to consider for one's life. This workshop will focus on self: something those with addictions tend to ignore. This workshop will highlight activities to elicit one's self-awareness, and self-understanding as to how we all fit and belong in the Universe, and what's happening individually for each participant. Addictions are about covering up or avoiding, this workshop strives to assist participants unveil their sheath one layer at a time. Using Universal Law Principles & Research, as well as seasoned concepts, this course is designed to meet the needs of the students and the objectives of the educators, parents, and loved ones in an interactive experiential format.

## Workshop Description:

The workshop may include lectures, individual and group exercises, videos, and physical movement to open up discussion on a wide range of key topics relating to one's choice of addiction. A Progress Summary Report can be made available to participants by request upon their completion. Information shared during discussion is considered confidential with exceptions noted in the confidentiality agreement, or as per a participant's consent to release. Facilitators do not make any assumptions about alcohol/drug addiction regarding class participants, but focus on offering information, an experiential perspective, and a safe outlet for discussion.

## Course Delivery

This is a 30-hour course with 10 modules that at maximum require approximately 3 hours each to complete. Course times and modules can be broken up in a variety of ways. Evening classes would average one module per night from 6:00PM to 9:00 PM; for example, weekend courses would average 3 modules per day from 9AM to 5PM with a ½ hour lunch; weekday courses will average 2 modules per day from 9AM to 4PM with a one-hour lunch. 80% attendance is mandatory to complete the course.

## Course Content

Introduction of the Instructor  
Brief outline of programs and program funders  
Group Expectations  
Participant Introductions  
Participant's Pre-workshop Documents (to be completed and returned)  
Pre-Workshop Evaluation  
Client Attendance Agreement  
Limits to Confidentiality  
Participant Background Information Form & Release (Confidential, unless participant otherwise requests)

## Modules

Yoga & the Chakras  
Self-Awareness – Seeing the World in a different Perspective  
Quantum & Universal Energy Principles  
Communication  
Emotions, Grief & Loss  
Family Relationships & Themes  
Goal Setting  
Process of Addiction – Stages of Change  
Relapse Prevention  
Resources & Reflection

Course Summary and Evaluations