

2 Day Intensive Crack Cocaine Workshop For Professionals

2 day Programme

The partners have devised a programme, which focuses on:

- The history of the drug
- The pharmacological affect of the drug on the organism
 - Dopamine
 - Serotonin
 - Adrenalin

- What is Cocaine, and what are the differences between Crack and Cocaine?
- Paraphernalia and how the drug is used
- Lapse Management
- Relapse Prevention
 - Client engagement is at the core of our work

- Harm Minimisation
- Relapse Awareness
- Group work Dynamics
- Role Reversal
- Sky Plus

Note; the above will offer clear examples of how to engage this client group, and the skills shown are transferable from the drop-in, 1:1 drug counselling session to the formal or informal group situations.

Another aspect of the training is to enhance our interpersonal drug counselling skills by looking at:

- **Comfort Zones:** the place individuals retreat to when faced with particular life situations.
- **Transition and change:** the process of being aware that change is a complex process, which impacts on the individual in a variety of ways, some painful others enlightening. This is something the drug user will experience while engaging services, yet how do they recognise and cope with that experience?

- **Masks:** refers to the roles we take on, within given environments and circumstances. Our aim is to explore the healthy and unhealthy aspects to masks, with reference to drug use.
- **Identity and self-perception:** insinuates that at the core of many things is how the individual or group perceives him/herself or itself. The process of the individual understanding this process in the context of their drug use can lead to clarity re: their lifestyle.

We use the theoretical model of the Jo-hari window (a self development and awareness tool) as the fulcrum for the above interventions.

The **Jo-hari window** allows the facilitator and the service user to explore the individual in a safe yet meaningful way. It also provides the worker a context (or boundary) whereby they are able to decide on the intensity of 'whatever' drug counselling' intervention they choose to use.

The workshop is designed to allow any individual, no matter their training or experience, to use the above interventions.

Naturally we are advocating that the best interventions for crack cocaine, and in many ways, all drug users are advanced interpersonal skills.

DANOS Compliant: AA1.1, AA1.2, AA3, AA4, AB1/2/3/6, AD1/3/4 AG1/2/3/4, AG2/AH7/AI2/3

Aims:

- To explore Intervention Strategies
- Enhance Professional Development
- To increase skills around service user engagement
- To develop awareness around the crack cocaine service user
- To develop increased interpersonal skills

Outcomes:

- To increase the competency of a workforce and agency in retaining service users in services
- To provide a qualitative service, which always looks to develop and improve
- To obtain the best possible outcome for the service user