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## 2 Day Crack Cocaine Workshop For Professionals

### Programme

The programme will be based on client engagement and will introduce **The Resonance Factor** – a new approach, created by Janus Solutions, that keeps the focus on the drug use. The programme will include:

- The history of crack
- The difference between cocaine and crack
- How crack interacts with the body and the brain
  - Dopamine
  - Serotonin
  - Adrenalin
  
- Cravings and Triggers
- Lapse Management
- Relapse Prevention
- Relapse Awareness
- Harm Minimisation
- Group work Dynamics
- Role Reversal
- Sky Plus
- Resistance
- Justifications
- The Buzz

Case studies will be used to illustrate these aspects and the skills shown will be transferrable to 1:1, group, formal and informal settings.

On Day 2 the following areas will be explored:

**Comfort Zones:** where the client retreats when facing difficult situations

**Transition and change:** acknowledging that change is a complex process that impacts the client in a variety of ways, and finding ways to help them recognise and cope with these.

**Masks:** roles that are adopted in different situations and environments, and helpful and destructive aspects of these.

**Identity and self-perception:** using the Johari Window to help clients recognise and understand different aspects of themselves.

**Perverse Pleasure:** exploring behaviours that may seem unpalatable to the worker.

## **The Resonance Factor**

### **Aims:**

- To develop effective intervention skills
- To enhance professional development
- To increase engagement skills
- To develop awareness and understanding of the service user
- To develop interpersonal skills

### **Outcomes:**

- To increase the competency of the workforce
- To increase retention of service users
- To provide a qualitative service, that is reflective and progressive
- To obtain the best possible outcome for the service user

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