

# Escape the Chains of Addiction: Curriculum Preview for 'Breaking Free'

Addiction is a devastating affliction that affects millions of people worldwide. It wreaks havoc on individuals, families, and communities, leaving behind a trail of broken lives and shattered dreams.

However, there is hope for recovery. 'Breaking Free' is a groundbreaking curriculum designed to empower individuals struggling with addiction to break free from its clutches and reclaim their lives.



## Curriculum Preview for Breaking Free: Trauma-Informed Addiction Treatment by Ezequiel Valdez

★★★★☆ 4 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 19 pages
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## Curriculum Overview

### Module 1: Understanding Addiction

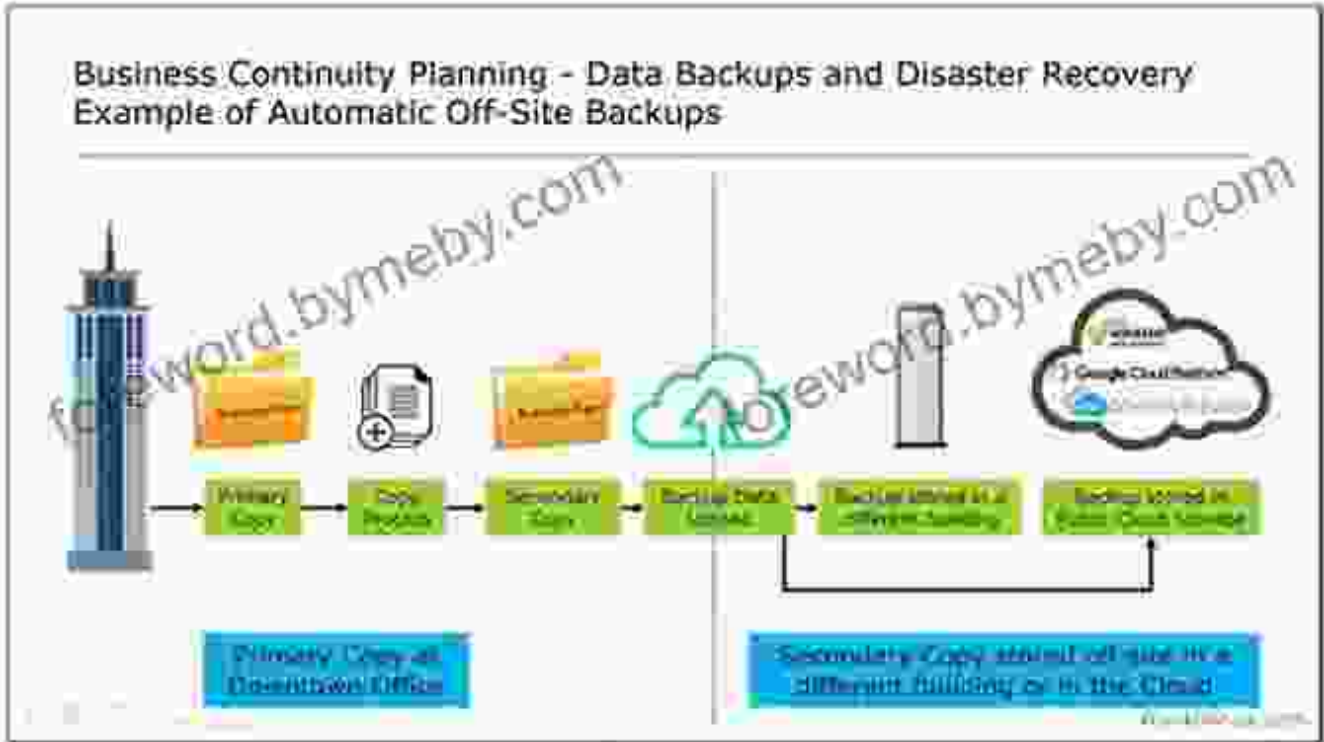
This module provides a comprehensive overview of addiction, exploring its biological, psychological, and social aspects. Participants will gain insights

into the nature of addiction, its triggers, and the consequences it can have on various aspects of life.



## **Module 2: Creating a Personalized Recovery Plan**

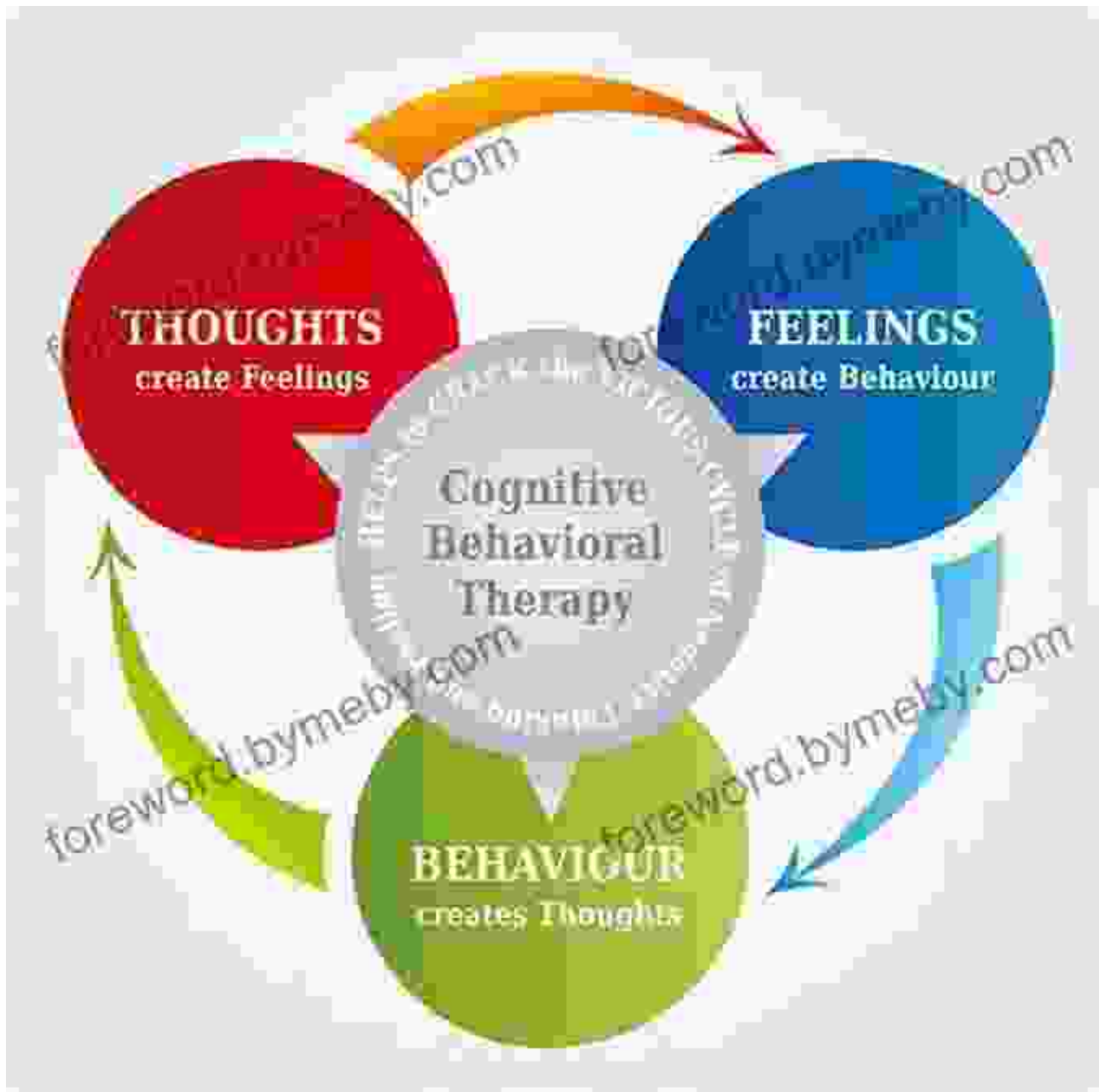
Tailored to each individual's needs, this module guides participants through the process of developing a personalized recovery plan. They will explore their triggers, identify their strengths and weaknesses, and set realistic goals for their recovery journey.



A customized recovery plan empowers individuals to take control of their addiction recovery.

### **Module 3: Cognitive and Behavioral Therapies**

This module introduces evidence-based cognitive and behavioral therapies that have proven effective in treating addiction. Participants will learn techniques for challenging negative thoughts, developing coping mechanisms, and building healthy habits.



## Module 4: Relapse Prevention

Relapse is a common challenge in recovery. This module provides participants with strategies for preventing relapse and preparing for potential triggers. They will learn to identify warning signs, develop coping skills, and build a strong support system.

# RELAPSE PREVENTION PLANNING

Recognize the Steps of a Relapse



## Step 1

The first step is emotional

Your subconscious mind is working, but you are not fully aware of it happening. It can still influence your actions and the decisions you make.

## Step 2

The second step is mental

Mental relapse is the moment you begin to think about going back to that old life. You also start to remember all the good times you had during your addiction. You choose to forget the bad times that came with it.



## Step 3

The third step is physical

Physical relapse is the part that no recovering addict wants to do. You have listened to that little voice in your head that tells you just one more time will be ok.



Don't listen to that voice that tells you one more is gonna be okay!



Relapse prevention techniques empower individuals to maintain their recovery and navigate challenges.


## Module 5: Recovery Maintenance

Once individuals have achieved recovery, it is essential to maintain their progress. This module provides guidance for long-term recovery

maintenance, including strategies for coping with life's stressors, building a healthy lifestyle, and connecting with support groups.

**Sample Worksite Wellness Plan**

January	February	March	April
<p><b>January</b></p> <p>Review the Wellness Plan and make necessary adjustments. Review the plan with the Wellness Committee and employees.</p> <p>Establish goals and objectives for wellness activities for the year.</p> <p>To have 80% of the employees in our March program, either during the job or during a break.</p> <p>Implement a <b>Wellness Plan</b>.</p>	<p><b>February</b></p> <p>Review the Wellness Plan and make necessary adjustments. Review the plan with the Wellness Committee and employees.</p> <p>Establish goals and objectives for wellness activities for the year.</p> <p>To have 80% of the employees in our March program, either during the job or during a break.</p> <p>Implement a <b>Wellness Plan</b>.</p>	<p><b>March</b></p> <p>Review the Wellness Plan and make necessary adjustments. Review the plan with the Wellness Committee and employees.</p> <p>Establish goals and objectives for wellness activities for the year.</p> <p>To have 80% of the employees in our March program, either during the job or during a break.</p> <p>Implement a <b>Wellness Plan</b>.</p>	<p><b>April</b></p> <p>Review the Wellness Plan and make necessary adjustments. Review the plan with the Wellness Committee and employees.</p> <p>Establish goals and objectives for wellness activities for the year.</p> <p>To have 80% of the employees in our March program, either during the job or during a break.</p> <p>Implement a <b>Wellness Plan</b>.</p>
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### Benefits of the Curriculum

- Empowers individuals with knowledge and tools to break free from addiction.
- Provides a structured and supportive environment for recovery.
- Addresses the underlying causes and triggers of addiction.
- Develops personalized recovery plans tailored to each individual's needs.

- Enhances coping skills and resilience.
- Prepares individuals for relapse prevention and recovery maintenance.
- Fosters a sense of community and support among participants.

## **Who Can Benefit from the Curriculum?**

The 'Breaking Free' curriculum is suitable for individuals who:

- Are struggling with addiction to substances or behaviors.
- Are seeking a structured and evidence-based approach to recovery.
- Are committed to making a change in their lives.
- Are motivated to learn and practice recovery techniques.
- Are seeking support and guidance from others who have experienced similar struggles.

'Breaking Free' is an invaluable resource for individuals seeking to overcome addiction and reclaim their lives. Its comprehensive curriculum, evidence-based approaches, and supportive environment provide a roadmap to recovery and long-term well-being.

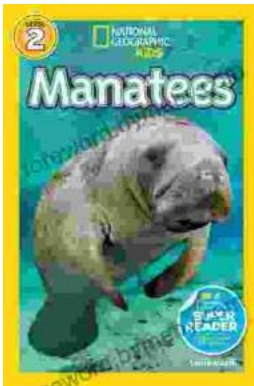
If you or someone you know is battling addiction, do not hesitate to seek help. The 'Breaking Free' curriculum can be a transformative tool on the path to recovery. Take that first step towards breaking free and unlocking a brighter future.

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