

Working Therapeutically with Addictions

The key to understanding addictive behaviour including recreational drugs & alcohol misuse

4 Fridays -17th, 24th October & 7th, 14th November 2025

This four day certificated training (24 hours CPD) has been developed for counsellors, psychotherapists and healthcare professionals who wish to work therapeutically with vulnerable clients presenting with addictions of various kinds. The training will enable professionals to feel confident in providing a safe, supportive and therapeutic space for adults struggling with addiction.

This training will be: therapeutic, informative, interactive with real client case studies!

Day 1: What is addiction and the reasons for it

What is addiction?

Nature causes of addiction

Characterising substance misuse

Social / emotional causes of addiction

The link between trauma & addictions

Day 2: Working with the client and the recovery community

How to work with a client with addiction

What is rehab? How does it impact the client work?

Long-term support for addiction and / or endings

Day 3: Working with families / communities that are impacted by addiction

Community and social impact of addiction

Addiction as a family illness; How to work with parents, partners & children

Day 4: The therapeutic relationship with an addiction client

Reflective practice / supervision

The value of boundaries

Therapist self-care

Secondary trauma

Transference / counter transference

Facilitated by: Sara Farman BSc, MSc, FDAP Accred, MBACP (Accred)

Sara provides Psychotherapy & Clinical Supervision. Sara has over 12 years experience and expertise in the field of addictions and Trauma. She has worked in various settings including the NHS, private healthcare and addiction base community charities.

Assisted by: Martin Chester Dip. Psychodynamic Counselling MBACP (Accred)

Martin is a Psychodynamic Therapist, Clinical Supervisor and Health & Safety Officer. Martin specialises in working with adults, children and young people who have additional needs, suffered trauma, and/or have mental health issues.

Admin Support by: David Archard, Dip Integrative Counselling MBACP, LIFE-FORCE Counselling Service Team Member

Timing: 9.30am to 3.30pm each day.

Therapeutic Creative Solutions

C/O LIFE-FORCE Centre, 3 East Hill, Colchester, Essex, CO1 2QL

Telephone: 07710 763100 & 07557 746745 E-mail: Archard7.2@outlook.com



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Cost: £450.00 Including a light lunch, snacks, tea and coffee

Numbers: The training is face-to-face and limited to 12 participants

Venue: **LIFE-FORCE Centre**, 3 East Hill, Colchester, CO1 2QL

Bookings: See below for payment and booking

Booking Form

Choose a payment option and make a payment by bank transfer (BACS) to:

David Archard

Sort Code: 04-00-03 (Monzo)

Acct: 88125549 (Please use your initials as the payment reference)

Fill in the form below and send the booking form by email or post to the address below to secure your place.

☐ I have paid £50 deposit by bank transfer & balance of £400 will be paid by 10th October

☐ I have paid £450 by bank transfer

☐ Invoice needed to activate payment

NB. The £50 deposit once paid to reserve a place is non-refundable, unless the training is cancelled due to unforeseen circumstances.

Candidate's Name:

Contact Telephone:

Contact Email:

Organisation/Role:

Counselling/Professional Qualification & Year:.....

Any Additional Needs Requirements:.....

Any Dietary Requirements:.....

Please email the completed booking form to David Archard at **Archard7.2@outlook.com**

All personal details & information supplied on this form will be deleted appropriately by digital deletion and/or double cross shredding, within thirty days of completing the training and the information will not be used for any other purpose.

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