

# ***A Certificate in Working Therapeutically with Addictions & Recovery***

**4 Fridays – 12<sup>th</sup> & 19<sup>th</sup> June and 3<sup>rd</sup> & 10<sup>th</sup> July 2026**

**This face-to-face training (24 hours CPD)** has been developed for counsellors & psychotherapists who wish to work therapeutically with vulnerable clients. The training will enable professionals to feel confident in providing a safe, supportive and therapeutic space for adults struggling with addictive behaviour such as drug & alcohol misuse and recovery.

**This training will be:** Informative, interactive and explorative.

## **Day 1: What is addiction and the reasons for it**

Nature causes of addiction  
Modern addiction  
Characterising substance misuse  
Social / emotional causes of addiction  
The link between trauma & addiction

## **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: 10 am to 3pm 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](mailto: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 5<sup>th</sup> June.
- 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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