

Addiction and Recovery:

Healing the Wounds of a Lifetime

Saturday 13th November 2021 (10am - 4pm)

A BADth CPD day via Zoom

Following his one-hour workshop at BADth 2020's online conference, addiction specialist Simon Marks offers an in-depth, full day CPD on Addiction and Recovery.

Alcohol, cocaine, crystal meth, GHB, MDMA, nicotine, marijuana, opioids, binge eating, anorexia, bulimia, gambling, prescription medication, fantasy, work, over-spending, pornography, sex, love, exercise, rescuing, shopping and relationships. They can all be addictive. But when do they actually become an addiction? Understanding addiction as a complex manifestation and reaction to childhood trauma, family dysfunction and developmental immaturity, is the key to helping our patients and clients get in to recovery.

In this CPD, we will journey together, through the life map of addiction, from birth to recovery. Using his own lived experience as an addict in long-term recovery, and a wealth of clinical expertise from his private practice and work in a rehab facility, Simon will arm you with the facts about addiction, and how to work with it. We will break-through the myths and misunderstandings, to uncover the truth of what addiction actually is...and what it isn't. With compassion, sensitivity, humility and honesty, we will explore deep into the psyche of addiction, understanding where it comes from, and what lies at its core. And most importantly, how to recover.

Featuring experiential exercises, background theory and clinical case studies, you will be invited to regard addiction - as well as other compulsive behaviours and processes, as merely the tip of the iceberg. Together, we will uncover what really lies beneath and how to treat it.

Applying workable models of recovery and relapse prevention used in treatment centres, psychoeducation as well as Pia Mellody's model of co-dependency along with aspects of IFS and dramatherapy, you will be offered an honest insight into what long-term recovery looks like and appropriate interventions. As a clinician, you will learn what role you might play in your client's recovery. Approaching addiction in this way, we will discover that addicts are not broken, and therefore do not need fixing. What they are is hurting, and their solution lies in healing - often from a lifetime of painful wounds.

Please note: Because of the nature of the subject, your own material and personal process may be activated during the day. While every care and consideration will be taken to ensure trigger warnings in advance, for your own safety, participants should be aware that references to explicit drug use, suicide, and adverse childhood trauma such as physical, emotional and sexual abuse will be discussed. Please feel free to contact BADth in advance if you have any queries or concerns.

***Simon Marks** is a dramatherapist and addictions counsellor and has worked at Mount Carmel Rehab Centre in London since 2016. As part of the team, he delivers their addiction treatment programme. Simon also has a private practice in Central London for gay men, specialising in LGBTQ+ mental health, chemsex, addiction, trauma and co-dependency. He delivers a range of full training programmes in these areas. Simon graduated from Roehampton University in 2016. He remains in long-term recovery and has been clean and sober for 14 years.*

BOOK NOW!

MEMBERS: £90

NON-MEMBERS: £120

STUDENT MEMBERS: £60

Contact franfleeming@badth.org.uk to book your place