

MODULE 3: BEHAVIOR AND THINKING, MOTIVATION PSYCHOLOGICAL SUPPORT

rec@ver

LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective n° 1

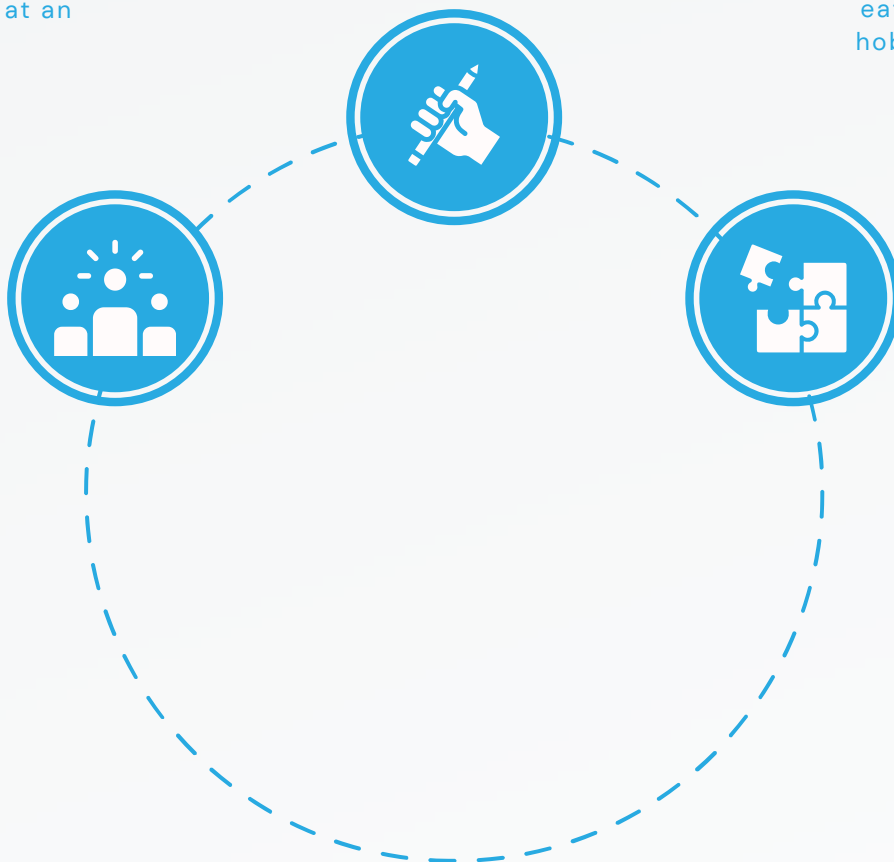
Regular reflection:
Monitor your own
thoughts and emotions
in order to recognise
stress or relapses at an
early stage.

Objective n° 2

Use self-help groups: As a coach, seek
support from other affected people or
supervision.

Objective n° 3

Maintain healthy
routines: Get enough
sleep, exercise,
practise mindfulness,
eat healthily and use
hobbies as a balance.



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ACTIVITY DESCRIPTION AND MATERIALS

Activity description



1. Target group – adult educators, mentors of change
2. Time – 45 Minutes
3. A large flipchart paper, for example, on which the principles for counselling have been recorded (see below) hangs in the room for all to see.

1. Training session guide for trainers to introduce the topic
2. Design a pleasant room and possibly set up a circle of chairs to create a good atmosphere for discussion
3. Start a group session with the question 'What have you done well recently?', for example.

Materials



METHODOLOGY USED FOR THIS ACTIVITY



Choose a mindfulness exercise to start



Guided discussions



Choose a case study



Always end on a positive note



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ACTIVITY DESCRIPTION

The educator presents the training session structure and the objectives and expected outcomes.

1. Introduction

You will be asked whether a specific case is to be discussed or whether there are general questions. (It should also be possible to submit specific questions or cases in advance, e.g. by e-mail).

For example, a mindfulness exercise is a good way to start: Module 1 'My Safe space'

2. First Steps

The issue of data protection and confidentiality is clarified. Each participant is invited, for example, to report on a current example from their training work or something private.

3. Group discussion

- The group size should not exceed 10 participants
- If a case discussion is helpful, the case should not be described for more than 10 minutes.
- Questions can be asked in turn at the factual level, e.g. if something is not understood.
- Now we switch to the emotional level. What feelings are triggered in the participants by the case description? (No solutions are suggested at this point)
- Feedback from the case presenter on what was said by the group (Could anything be done with it? Does he feel understood on an emotional level?)
- Now the whole group is invited to give feedback on the solution. Response levels can be: What makes it so difficult for you to empathise with the client? Is there a method that can make this easier for you? What do you need to be able to act for your client again? What makes it difficult for you to get in touch with people? These are the possible levels on which feedback should be given. At this point, however, it is about solution-orientated approaches.

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- The person presenting the case should leave the meeting with a good feeling and positive feedback.

Principles of counselling

1. set boundaries

Clear delineation of roles: being a coach does not mean solving all the client's problems. Focus on support, not on rescuing!

Learning to say no: Don't take on every responsibility – your own mental health comes first!

Keep your distance: Show empathy, but don't allow yourself to become emotionally overloaded.

2. dealing with triggers and relapse prevention

Know your own triggers: What situations, emotions or issues could reactivate your addiction?

Develop coping strategies: Have concrete plans for difficult moments (e.g. talking to a trusted person, mindfulness exercises).

Recognising relapse patterns early: Pay attention to warning signs and get support at an early stage.

3. psychological techniques for dealing with clients

Active listening: Paying attention, not immediately offering solutions, but really wanting to understand the other person.

Motivational interviewing (MI): Don't push clients, but help them to develop their own motivation.

Acceptance and appreciation: Treat clients as equals and do not judge them.

4. supervision and further training

Use regular supervision: Exchange ideas with professionals or other recovery coaches to take the pressure off yourself.

Attend further training courses: Develop psychological techniques in order to be able to help professionally.