

MODULE 2: THE THREE PILLARS OF RECOVERY Resilience

rec@ver

LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective n° 1

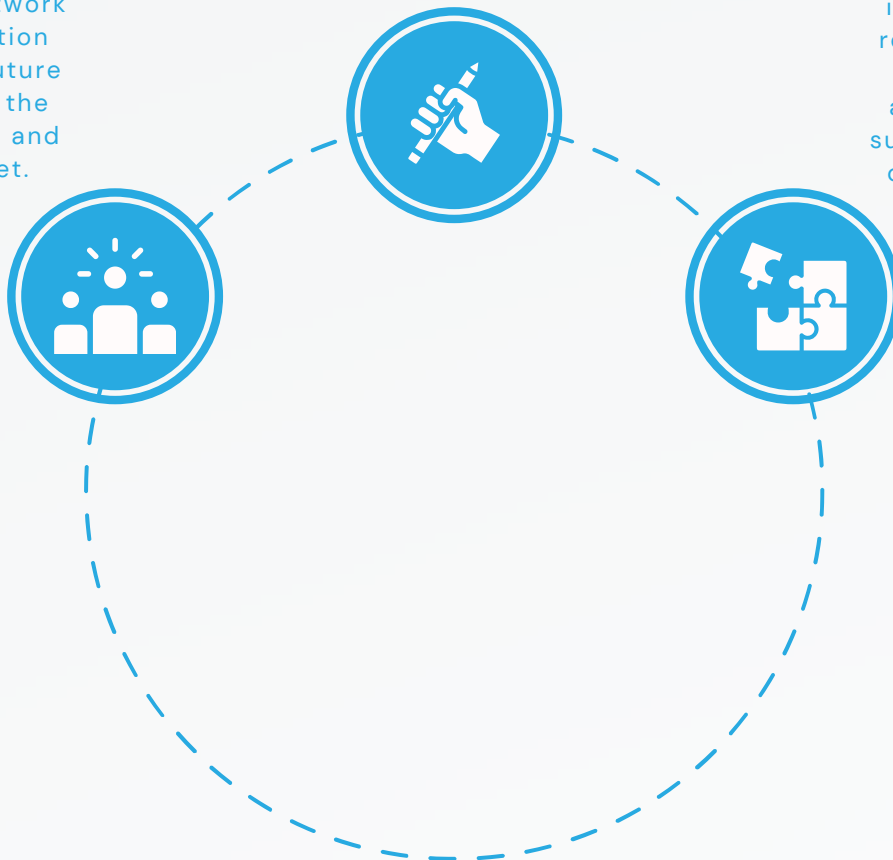
Become aware of the 7 pillars of resilience: acceptance, optimism, self-efficacy, responsibility, network orientation, solution orientation and future orientation form the basis for a strong and resilient mindset.

Objective n° 2

Acceptance of reality and one's own addiction, including one's own addiction biography.

Objective n° 3

Resilience is not a goal that you can reach and then stay in that state. As with sport, the individual pillars of resilience should be trained again and again. Professional support / supervision can help with this.



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ACTIVITY DESCRIPTION AND MATERIALS

Activity description



1. Target group – adult educators, mentors of change
2. Time – 2 hours

1. Training session guide for trainers to introduce the topic
2. Slides on key topics: 7 pillars of resilience
3. Design a pleasant room and possibly set up a circle of chairs to create a good atmosphere for discussion
4. Each participant can report positive and / or negative aspects of their counseling work and the extent to which the 7 pillars of resilience were helpful in coping with the situations and helpful to others is examined

Materials



METHODOLOGY USED FOR THIS ACTIVITY



A short intro
to the topic
of resilience



Guided
discussions



Self-reflection
and self-
learning



Assessment



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MODULE 2: THE THREE PILLARS OF RECOVERY

Resilience



ACTIVITY DESCRIPTION

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

1. Introduction

The instructor welcomes all participants in a friendly manner and explains the principles of his discussion group. He introduces the basics of resilience:

- the 7 pillars of resilience: acceptance, optimism, self-efficacy, responsibility, network orientation, solution orientation and future orientation form the basis for a strong and resilient mindset.
- all these parts of a resilient mindset have to be practiced on a regular basis to become part of a persons mindset

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 in connection with the occupation of resilience.

3. Circular discussion

Practical case studies are used to look for links to the Resilience. Did any of the 7 pillars help in the situation? Did you find it difficult not to mix your own story with the client's story? Or can it be helpful for others to hear your story? But how do you stay helpful and not try to transfer your coping strategies 1:1 to the other person? (Rather fewer case examples and a thorough processing)

4. Group discussion

The group can give appreciative feedback and make comments. They can reflect on what the group has learned from the example and how this can be put into practice.

5. End session

Taking the time into account, the group leader initiates the end of the round