



SAVE THIS DATE IN YOUR DIARY

1st & 2nd November, 2016 (Tues & Wed)

**SMART CJS and AFINet-UK are pleased to announce a
2-day Training Workshop on**

The 5-Step Method: Supporting Family Members of People with Drug, Alcohol and Gambling Problems

Venue : Maidenhead, (between London and Reading)

Fee : £350 for the 2 days (Handbooks, DVD, background paper, etc included)



An exciting opportunity to attend a training workshop delivered by two of the foremost authorities in this subject, one of whom is one of the originators of the 5-Step Method for helping Affected Family Members - family members affected by a relative's alcohol, drugs or gambling problems.

The training will be focused on participants acquiring the skills needed for them to use this method effectively; at the end of training, participants will be able to deliver the 5-Step Method to their clients/ patients/service users, and will be able to apply to become 5-Step Method Accredited Practitioners.

“...the behaviour of the (substance misusing or gambling relative) causes stress for the family member, that stress leads to strain (for example, physical and psychological symptoms) ... the improvements which had been noted at the 12-week stage in the levels of symptoms that family members experienced ... reduced further over the subsequent 9 months. The majority of family members also rated their situation as changed for the better after the intervention had finished, and for a substantial time after that.... These results suggest that a relatively simple and brief intervention enables family members to re-appraise their lives with respect to their substance misusing relative, to see the impact as being less of a strain, to revise their methods of coping, and to have a resulting reduction in the level of symptoms they experience.”

(Velleman et al., 2011)