

# Wayfinder AOD Program: Groups on a page

## Introductory Psychoeducation Modules

Two modules run per week in rotating three-month cycle.

Clients have the opportunity to engage with all modules over the 12 weeks of their program.

- 1. Post-Acute Withdrawal Syndrome (PAWS)**  
What to expect during PAWS, and how to manage symptoms.
- 2. Resting and Sleeping Well**  
Importance of rest, sleep hygiene and effects of stimulants.
- 3. What We Know About the Recovery Process**  
Changes during the process of recovery.
- 4. Managing Stress and Anxiety During Change**  
Recognising anxiety and staying grounded.
- 5. How We Think About Addiction**  
Biopsychosocial view of addiction.
- 6. Introduction to Relapse Prevention: What to Expect**  
Emotional, mental and physical relapse stages.
- 7. Acknowledging Trauma, Abuse and Neglect**  
Recognition of extent and effects and supporting safety.
- 8. Emotions 101**  
What emotions are, why we have them, how to recognise them and self-care as emotional regulation.
- 9. Reading the Play - Emotions in Others**  
Recognising emotion in others and the importance of empathy.
- 10. Name It To Tame It - Recognising Emotions**  
How to recognise different emotions and why this is important.
- 11. Emotional Regulation Systems**  
Self-care as proactive emotional regulation.
- 12. Reading the Play - Thinking Traps**  
Unhelpful ways of thinking and how to notice when doing them.
- 13. Safety: Knowing Your Boundaries**  
The types of personal boundaries we have, how to notice them, and how to set and hold your own.
- 14. Anger vs. Aggression - Feeling vs. Behaviour**  
Difference between emotional experience and expression.
- 15. Safety: Defensive Responses**  
Different ways to respond to perceived threat.
- 16. The Art and Science of Communication**  
What's happening during the process of communication, how it can go wrong, communication styles and how to communicate assertively.
- 17. Identity 101: Who Are We?**  
How we understand ourselves, our values and why it's important.
- 18. Bodies 101: Nutrition for Recovery and Homeostasis**  
Why and how to eat well in recovery, and how the body maintains internal balance.
- 19. Bodies 101: Staying Alive, Staying Well**  
What our body needs for it to function and how this supports overall wellbeing.

## Self-efficacy Modules

One module delivered weekly.

- 1. Attachment Styles**  
Different attachment styles and how they affect us.
- 2. Karpman's Drama Triangle**  
Understanding how we react, respond and think.
- 3. Holding and Managing Boundaries**  
How to set and hold boundaries.
- 4. Good Relationships: Building Trust**  
How to build trust in a relationship.
- 5. Good Relationships: Intimacy**  
Exploring vulnerability as the basis of connection and intimacy.
- 6. Good Relationships: Drama in Relationships**  
Understanding dynamics of difficult relationships and drama.
- 7. Social Emotions**  
Understanding the emotions we can feel about other people.
- 8. Grief and Loss**  
The impact that grief and loss has.
- 9. Values**  
Understanding and recognising personal values.
- 10. Identity Transitions**  
Understanding the process of identity change.

## Recovery Capital Modules

One module delivered weekly aligned with Care Planning.

- 1. Money Management**  
Understanding how to plan a budget that supports recovery.
- 2. Employment**  
Earning and income or building a career.
- 3. House and Home**  
Managing your home environment and relationship with rental providers.
- 4. Giving Back: Volunteering to Help Others**  
Encouraging caring and contributing to foster connection and build self-worth.
- 5. Activities Just for You**  
Building fun and relaxation into a recovery plan.
- 6. Exploring in Safety**  
Expanding ideas of what is possible.
- 7. Skill Sharing**  
Learning to identify our useful skills and knowledge and teach others.
- 8. Social Identities: Diversity**  
Understanding diversity through our multiple social identities.
- 9. Telling Your Story for Different Audiences**  
Exploring appropriate ways to deal with questions that touch on addiction.
- 10. Sex & Relationships**