

Intensive Treatment

- new innovative approach
- emotions based
- highly successful
- ongoing assessment
- therapeutic individual and group counselling



connecting
the disconnected

The program will benefit people who have problems with:

- alcohol
- smoking
- crystal meth
- cocaine
- crack cocaine
- prescription medication (oxycontin, percocet etc.)
- marijuana
- ecstasy
- gambling
- over eating
- shop lifting

theRedPath Programs

Addictions Treatment

Living Without Violence
Employment Training
Child and Youth
Life Skills
Literacy
Suicide Prevention

Sweet grass is the sacred hair of Mother Earth. Its sweet aroma reminds people of the gentleness, love and kindness she has for the people—it is used as the background because it is a reflection of unity and strength. The Addictions Treatment Program like the sweet grass works towards healing the entire community to become in harmony with itself.

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Addictions Treatment Program

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Addictions Program

Module 1 – The Gathering Place

- 👉 overview of addictions
- 👉 outcomes of addictions
- 👉 examine behaviours
- 👉 identify learned behaviours
- 👉 recognize false images
- 👉 look at different relationships
- 👉 build trust

Module 2 – The Mirror Effect

- 👉 look at self-image
- 👉 identify triggers
- 👉 short and long term planning
- 👉 goal setting
- 👉 begin to map destructive patterns
- 👉 discover vision for change

Module 3 – The Awakening

- 👉 take ownership
- 👉 build self esteem
- 👉 examine shame and guilt
- 👉 learn how to problem solve
- 👉 practice relaxation techniques

Topics discussed:

- 👉 Goals
- 👉 Addictions
- 👉 Learned behaviors
- 👉 Self image
- 👉 Shame & guilt
- 👉 Transformation
- 👉 Acting vs. reacting
- 👉 Guided imagery
- 👉 Immediate gratification
- 👉 Intimate relationships
- 👉 Honesty & Friendships
- 👉 Support networks

Participants will learn:

- 👉 Socialization
- 👉 Conflict resolution
- 👉 Empathy
- 👉 Communication skills
- 👉 To identify, understand, distinguish and label emotions
- 👉 How emotions change in various stages of relationships
- 👉 Recognize emotions in self and others
- 👉 Learn responsibilities
- 👉 Gain the ability to tolerate stress and control impulses

Module 4 – Gaining Control

- 👉 explore intimate relationships
- 👉 understand power and control
- 👉 take responsibility
- 👉 recognize choices
- 👉 make decisions
- 👉 develop effective communication
- 👉 manage stress

Module 5 – New Direction

- 👉 recognize patterns
- 👉 find connection
- 👉 learn to deal with set backs
- 👉 plan for obstacles
- 👉 have support network in place
- 👉 practice skills learned