

Setting and keeping boundaries – training for families

Overview

This one-day course enables the families of drug and alcohol users to set and then keep boundaries with the user in their life, and thereby reduce the impact of drug- and alcohol-related behaviour.

Learning Objectives

- Prepare a boundary
- Describe how to set a boundary with a drug or alcohol user
- Recognise the importance of assertiveness in boundary-setting and have examples of how to behave assertively
- Identify appropriate actions when trying to keep a boundary
- Recognise options for re-setting a boundary if it is broken
- Identify appropriate actions families can take if they find it difficult to maintain boundaries.

How to access this training

Commission: Adfam can deliver this training in-house to your organisation/agency. The course can be tailored to fit your bespoke training needs, for groups of 12-20 people.

Individuals: see the Adfam website for a list of upcoming training dates and venues.

Cost:

£130 per person on courses open to individuals. Commissions start at £700 (which can train up to 20) and are based on a sliding scale of income.

Contact us

Should you have any questions or require any additional information, please contact us on 020 7553 7640 or email training@adfam.org.uk.