

# OUTLINE OF PROPOSED CLERGY TRAINING PROGRAM IN ROMANIA

## GENERAL COMMENTS:

**PURPOSE:** The purpose of this program is to educate and train the Romanian clergy to work with people affected directly or indirectly by the disease of alcoholism and also to start information and addiction prevention programs at the parish level and not only.

**SCOPE of ACTIVITIES:** This program will provide classroom instruction, seminars, and internship experience in order to provide the basic information and training needed for individuals to begin working in the field of addictions.

## OBJECTIVES:

- Raise awareness of how addiction to alcohol and other drugs impacts individuals and their families and harms their spiritual lives;
- Discuss role of clergy and congregations in offering information, hope and recovery support for all individuals and family members affected by alcohol and drug abuse;
- Build up core competencies for clergy to understand and address alcohol and drug abuse, both from the recovery and the prevention perspective.

**BOARD OF ADVISORS:** The “Board of Advisors” is made up of professionals who work in the field of addictions inside the country of Romania. This board acts in an advisory capacity and as a source of educators, who will present workshops and training seminars on the topics relevant to alcoholism treatment. They also act as the credentialing board. (Floyd Frantz, Fr. Iulian Negru, prof. Eugen Baican, pr. Calin Popovici, dr. Horea Coman / dr. Radulescu from LSM Adulti)

**LEVELS OF TRAINING:** The training will be organized into 4/5 consecutive modules that will progressively help the trainees to gather, to process and to understand information and specific techniques about working with addicts and their families. Each module will last 5 days and will be preceded and closed by an initial and a final evaluation test with the last one opening the door to the next level of training.

**CREDENTIALING:** Based on the testing results, the “Board of Advisors” will acknowledge the trainees competence in the field of addiction recovery. This credentialing is meant to be relevant only to those working within the field of addictions. It is intended to be a general way of certifying that an employee or volunteer has a general knowledge of addictions, and addictions treatment.

**CONTINUING EDUCATION:** This program as set forth here is a beginning program. It is intended that the priests maintain and improve by attending ongoing educational programs.

# **Module 1: The basics of the disease model of addictions**

**40 workshop hours (5 days of 8 hours each)**

**Before Module 1, the trainees will read the *Manual on alcoholism* received at the registration moment.**

## **M.1. - 1 INITIAL EVALUATION**

### **INTRODUCTION INTO ADDICTION RECOVERY**

Cultural perspective on drinking, abusive drinking and alcoholism

- Alcoholism – sin or disease

Multi-disciplinary Treatment Programs, and how they work

12 Step Programs and Treatment Programs as partners

- Other relevant recovery approaches in addiction recovery in Romania and abroad

**Practical exercise... Homework... Readings**

### **THE DISEASE MODEL OF ADDICTION**

Drinking – a socially, abusively, addictively behavior

The disease model of alcoholism – evidences

The neurochemistry of addiction - Neurology basics and the reward path in addiction

Signs and symptoms of addiction according to the progressive stages

- Johnson's emotional syndrome – the feelings chart
- Withdrawal – signs and symptoms

### **FAMILY DISEASE and CODEPENDENCY**

- Family Dynamics in Alcoholism – family roles
- Codependency
- Adult Children of Alcoholic - Identifying and Treating the Adult Child
- The Adult Child as an Alcoholic
- The Codependent Alcoholic

## **M.1. - 2 RELAPSE PREVENTION**

- The dry drunk syndrome
- Relapse Prevention
- Treating Relapse
- General Overview of Dual Disorders
- Relapse Prevention and Dual Disorders

## **M.1. - 3 ILLEGAL DRUGS AND ADDICTIVE BEHAVIORS**

- The reality of drug use problem in Romania today
- Drug types and use symptoms
- Cross addiction
- Gambling
- Love and sex addiction. Pornography.
- Using the 12 Steps principles in helping addicts other than alcoholics

## **M.1. - 4 FINAL EVALUATION MODULE 1**

## **Module 2: Spirituality and recovery**

Before Module 2, the trainees will read the books given to them as bibliography (*Big Book and Steps of transformation*).

### **M.2. - 1 INITIAL EVALUATION**

#### **STAGES OF CHANGE AND BRIEF INTERVENTION**

- Prochaska & DeClemente's stages of change
- Screening instruments: cage, 12 questions, AUDIT.
- Evaluation of the drinking pattern: abusive, heavy, harmful and addictive drinking
- Intervention: offering information, making referrals
- Monitoring
- Intervention with still active alcoholics - how to plan and conduct an effective intervention.

### **M.2. - 2 THE FUNDAMENTAL RECOVERY TOOLS**

- Knowing the AA Big Book
- Knowing the 12 and 12
- Living Sober
- The 12 steps principles into action – using the Gentle Path step guides for exploring yourself and developing a spiritual program
- Building up a daily personal recovery program
- Building coping skills in early recovery
- The AA Slogans

### **M.2. – 4 WORKING WITH THE FAMILY OF THE ALCOHOLIC**

- Identifying people coming from families with alcoholism – 20 questions
- The disease model of addiction – a tool in helping family overcome the stigma and the denial
- Basic recovery principles – The 3 C's of family recovery
- 12 Step Programs for the Family of the Alcoholic – the Al-Anon Family Services Group
- Enabling versus Assertiveness, tough love and detachment with love.

### **M.2. – 5 RECOVERY AND SPIRITUALITY**

- Uncovering Hidden Barriers to Recovery and dealing with the stigma of alcoholism
- Working through guilt and shame - Interpersonal conflict and the alcoholic
- Exploring Value Systems
- From low self esteem and egocentrism to honesty, humility and service
- Spiritual tools in developing recovery: the Desert Fathers, the prayer routine, using the Holy Sacraments

### **M.2. – 6 THE 12 STEPS – A SPIRITUAL PROGRAM FOR RECOVERING ADDICTS AND PRACTICING CHRISTIANS** - following *The Steps of Transformation* by Fr. Meletious Webber

- *I cannot, He can, I think I'll let Him* – the first three steps in the Orthodox Christian life
- Steps 4-9 – a process of cleaning our souls and our relationships with God and the universe
- Maintaining the progress and spreading the good news – steps 10-12
- The biblical step guides
- Similarity with other spiritual growth programs: the Ladder of St John

## **M.2. – 7 FINAL EVALUATION MODULE 2**

# **Module 3: Counseling skills and parish work**

**Before Module 3, the trainees will have to work on their personal step workbook and discuss it with the trainers.**

## **M.3. – 1 INITIAL EVALUATION 3**

### **M.3. – 2 MOTIVATIONAL INTERVIEWING AND BASIC COUNSELING SKILLS**

- Classical traps in talking to an alcoholic: teaching, labeling, premature focus, excessive questioning, the expert role, blaming
- Asking open ended questions
- Reflective listening
- Resuming
- Affirming
- Oriented intervention

### **M.3. – 3 ACTING AS A SPIRITUAL COUNSELOR FOR THE RECOVERING COMMUNITY**

- What a spiritual counselor is
- Walking by at the same pace with the patients
- Working with people of other denominations than orthodox
- Catechism with recovering people
- Working with atheists, agnostics and people estranged from the church
- Helping “church goers” see beyond rituals

### **M.3. – 4 PROFESSIONAL ISSUES**

- Multi-disciplinary teams – working with other professionals
- Ethics in Addictions Counseling
- Confidentiality
- Setting up boundaries
- Setting up intervention networks & finding community resources Developing treatment programs
- Working within existing programs.

### **M.3. – 5 PREVENTION PROGRAMS**

- What is effective prevention: life skills building, not “scary movie”
- How to organize it
- Modeling a prevention program in schools and in the parish
- Leadership camps

## **M.3. – 6 FINAL EVALUATION MODULE 3**

## Module 4. Parish Work and Program Development Assistance

Module 4 is designed to practical assignments and offering to the trainees' individualized assistance in starting new programs. The participants have received by now the brochures and the Manual on starting Information programs in the parish.

### M.4. – 1 INITIAL EVALUATION 4

#### M.4. – 2 THE 8 WEEK PARISH INFORMATION PROGRAM

- Using the parish manual and the parish brochures
- **Week 1.** Invite the local bishop or a significant figure of the local church for a talk on “*The Moral Teachings of the Orthodox Church on Excessive Drinking. Finding Our Hope and Recovery in the Lord*”
  - **Handout:** The Holy Fathers Teachings on Drinking
- **Week 2.** “Sin or Disease”.
  - **Handout:** The *Sin or Disease* brochure
- **Week 3.** Invite a local doctor for a talk on “*The Disease Concept of Addiction*”
  - **Handout:** The brochure *Q&A on the Disease Concept of Alcoholism*
  - **Flyer:** *Guide To Rational Drinking*
- **Week 4.** Speaker from the local Alcoholic Anonymous group. “*Alcoholism and Recovery in the AA Community*”
  - **Handout:** Chapter 5 from the Big Book / AA – *where it all has started*
- **Week 5.** Speaker from the local Al-Anon Family Service Group. “*Alcoholism – a family disease*”. *Enablers (the movie)*
  - **Handout:** The Merry-Go-Round of Alcoholism and the Family. Open Letter to My Family
- **Week 6.** “*The 12 Steps Program for an Orthodox Christian*”. Announce the future intervention plan of the parish (The St. James Society).
  - **Handout:** The 12 Steps for the Orthodox Christian (from Fr. Mel’s book)
- **Week 7.** *The Akatist of the Everlasting Cup. Announcing the future activities related to alcohol use.*
- **Week 8.** On Sunday, after the Divine Liturgy, an *Alcohol and other Drugs Addiction Awareness Day* for the parish (giving away flyers, information materials etc.)

#### M.4. - 3 WORKING IN THE PARISH

- Special religious services: akatists
- Sharing accurate direct information: Invite guests; Notifications / information board; Drug Awareness day; Distributing flyers and providing literature
- Organizing support groups
- St. James Society
- Make referrals
- Talking about HIV and AIDS – risky behaviors, myths and lack of information

#### M.4. – 4 SUPERVISION AND FOLLOW UP