



# Addiction

## Internet & Gaming Disorder

2<sup>nd</sup> April 2020

*Compulsive use of the internet and gaming can result in significant impairment to an individual's ability to function in various life domains. This severely impacts holistic functioning of the individual and can lead to undesirable behaviours.*

### Workshop Overview

Develop an understanding of the mechanisms that encourages and sustains the addiction. Integrates counselling dynamics, strategies and skills required for the treatment of the possible range of issues in addiction.

### Objectives

- ✓ To understand addiction; in particular internet and games addiction.
- ✓ The use of Artistic Therapy strategies – Sand and Art in the treatment process- hands on.
- ✓ Cognitive Behaviour Therapy (CBT) strategies to addiction.
- ✓ To understand developmental delays resultant from addiction and processes to address these delays.
- ✓ Skills in supporting young persons in the therapeutic process



**Sand**



**Art**

### Some of Dr Sherwood's Books..

### Who Should Attend?

Anyone working with children and youth  
**Counsellors, Social Workers, Therapists,**  
**Psychologist and Mental health professionals**





Dr Sherwood is an experienced mental health clinician having worked for 25 years in the field as a clinician. She has lectured extensively in Universities, community and private training sectors in mental health and the artistic therapies. Initially trained in CBT therapy, she has created innovative artistic therapy sequences suitable for diagnosis, intervention and evaluation in the therapeutic encounter. Dr Sherwood has published widely in the field and her books include: *The Healing Art of clay therapy* (2004), *Emotional Literacy: the heart of classroom management* (2008) *Emotional Literacy for Adolescent mental Health* (2013) and *Holistic counselling: a new vision for mental health* (2006).

Training	Date & Time	Package Price
Addiction- Internet & Gaming Disorder	2 <sup>nd</sup> April 2020 (9:00am - 5:00pm )  	Normal Price: \$410  <b>Early Bird Price: \$360 only !</b>  <b>Optional to purchase the Sand play materials- Sand tray &amp; sand at the price of \$50.</b>

**Venue: To be confirmed**

**Morning Tea & Lunch will be provided**

We are keeping this class to a smaller number to enable learning. Trainings will be highly experiential and interactive.

Workshop can be considered for VCF funding as a non pre-approved course.

Website: [www.relationalresources.info](http://www.relationalresources.info)

Facebook: [www.facebook.com/relational.resources](http://www.facebook.com/relational.resources)

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