

Loyola College (Autonomous)

Chennai – 600 034.

Department of Outreach

De - Addiction - 5 day Workshop (21st, 22nd, 23rd, 25th and 26th September)

The De- Addiction Workshop was conducted for the IInd UG students who showed keen interest to work with potential Alcoholics and potential Drug Addicts to lead them towards recovery from Substance Abuse. The orientation cum training program was held for five days, from 21st to 23rd September, 25th and 26th of September. The Training Program was organized by Prof. John Kaviarasu the Head - Department of Outreach along with Dr. Anand and Mr. Antony Anbarasan. The Training Program was handled by Mr. Albert Balan and the counselors from AURA (Mr. Prince, Ms. Yazhini and Ms. Christina).

21st September

Mr. Albert started the session by explaining the issues revolving around alcoholism, how it has been coined as a disease. He told the students to unlearn a lot of information about alcoholism. He told them about the kind of treatment that is available for alcoholics, the stages at which the symptoms of alcohol can be recognized, the methodology and perception with which alcoholics should be treated. He told that the students should instill hope in the family of the alcoholic and make them understand that Alcoholism is a treatable disease.

The next session was handled by Ms. Yazhini and Ms. Christina the Counsellors from AURA. They said that certain preconceived notions are to be set aside, when trying to communicate or help out an alcoholic, and the most important qualities that the students should have are maintaining Confidentiality, good Listening skills which includes active and passive listening, Non Judgmental Attitude, Accepting the person as he is, Not to advise or to refrain from Advising, Not asking why questions, It is not about you (the student counsellor) and Empathizing with the client. They put together all these qualities in the form of an abbreviation which is called as CLNANNIE. They stressed the importance of making the students understand the value of these qualities or attributes as they will help them in their effective intervention.

22nd September

Mr. Albert talked about the causes of alcoholism and the consequences as a result of Alcoholism. He talked about the reasons which lead the youth to get addicted to Alcohol. He said that the Alcoholic himself is aware that his alcoholism affects his Job, family, finance, Education, and his mind, but we have to make him understand and take a conscious effort to do something about his problem.

He explained in detail about how alcoholism affects the different organs in the body. The various body organs that may get damaged include:

Stomach

Liver

Brain

Heart

The diseases which comes as a result of Alcoholism are:

Gastritis & Ulcer

Incidence of Cancer

Hepatitis

Fatty Liver

Cirrhosis

Damaged brain cells

Damaged heart vessels

Neuritis

Pancreatic

Skin Problems & Sexual Problems

The next session was handled by the Counselors. They told the students about certain important instructions to be followed while communicating with the client. These instructions are Square Sitting, Leaning, Eye Contact & having a Relaxed mind. These instructions were abbreviated as SOLER. They stressed the importance of these instructions as these instructions when followed by the students, can help the clients to develop trust and confidence in the students and also helps them to confide their information to the students.

Then they conducted a practical exercise to help the students implement the instructions that were taught to them.

23rd September

On the 3rd Day, Mr. Albert was discussing the different kinds of drugs which are being commonly used and he explained in detail about their effects on the human body, and the various misconceptions and misconceived notions spread by the people involving in substance abuse, to justify their substance abuse. The commonly abused drugs are:

- Tobacco
- Alcohol
- Cannabis
- Brown Sugar
- Medically prescribed drugs

He also explained about the addictive potential of the various drugs that are mentioned above, and how to react when confronted with a situation of being offered a drug. He told the students to be very careful in dealing with alcoholics and drug addicts as they are very intelligent and manipulative and they can even entice the students to consume alcohol or use drugs.

The next session was handled by Mr. Prince. He discussed some vital counseling techniques to be followed when interacting with the Individual. These counseling skills can also be incorporated while conversing with people in our day to day life. They are using encouragers while talking to the client as they help the individual to open up and talk freely about his problem. Then he spoke about Making Restatements, Para Phrasing and Reflection of feeling. They also conducted an activity to help the students incorporate the skills taught by the Counselors.

25th September

During the fourth day, Mr. Albert talked about how Alcoholism affects the family of the alcoholic. He gave us an insight on how the family behaves in the society, how the society looks upon them, what are the problems faced by them. He told us about the mindset of the families of the Alcoholic. He said that the families of the Alcoholic engage in the kind of behaviour which enables or encourages the alcoholic to continue with his addiction to Alcohol. They tend to do things with the assumption that they are helping the alcoholic, but they actually prove to be detrimental rather than helping him. Hence Mr. Albert told the students about the appropriate steps that have to be taken by the students to help the family members enable the alcoholic towards the path of recovery from Alcoholism.

In the second session the counselor Mr. Prince, gave a quick recap of what was taken in the previous days. Then the session was handled by Ms. Christina and Ms. Yazhini as they made the students introspect themselves to have a better understanding about themselves, by meditating and going into a subconscious state. Then an exercise was conducted for each student, wherein the student was supposed to meet another student and give a compliment and also receive one from the other person. The students were also able to assess their skills and also know about what the other person felt about them. Then they concluded the session by making the students feel better about themselves and also appreciate the inherent qualities that they had within themselves.

26th September

Mr. Albert also did a recap of the sessions that he had conducted during the past four days. He listed out the important things that the student needed to do while dealing with the Alcoholic. He said that the students must first instill hope in the minds of the family members of the Alcoholic that Alcoholism is a disease and it can be treated. The students responded very well as they answered most of the questions that were asked by Mr. Albert, and so they gave the impression that they have understood the important information's that were taught by Mr. Albert all these days. Mr. Albert also told the students about the CAGE Questionnaire which is a widely used method for screening of alcoholism. He explained about how these questions can determine the severity of the individual's alcoholism and also to find out whether he is an alcoholic in the first place.

In next session the Counsellors recalled what went through the previous sessions that were conducted. They conducted another exercise for the students to help them to focus on a few important aspects of Counseling. They also played a video for the students to realize the importance of being useful and resourceful to others. They concluded the session by emphasizing about a few important virtues which the students have to cultivate in them.