

Working with Dual Diagnosis

The perfect follow-up to Understanding Dual Diagnosis, this course is also for specialists working with adult drug and alcohol users. It covers some practical techniques for working with your service users with anxiety or depression.

On understanding Dual Diagnosis you will learn there are some types of mental health problem – notably mild to moderate mood disorders (such as anxiety and depression) that Drug Workers should be working with alongside the substance use. This course builds on the skills you already have as drug workers to give you some practical techniques to work with service users presenting with anxiety and depression. The course covers:

- ✔ How substance use and mood disorders are related to one another
- ✔ An understanding of basic cognitive behavioural principles
- ✔ Interventions to work with substance users suffering from anxiety
- ✔ Interventions to work with substance users suffering from depression

What people have said about this course:

“It will help me explain CBT models in a more digestible way for clients, to change thoughts and behaviours”

“Feel more confident in what I’m doing, that I already have many useful skills rather than needing to learn new ones completely”

“Looking at ways of working with Dual Diagnosis and practical tips was beneficial”