




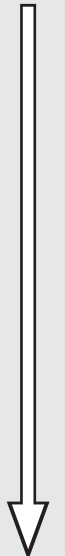


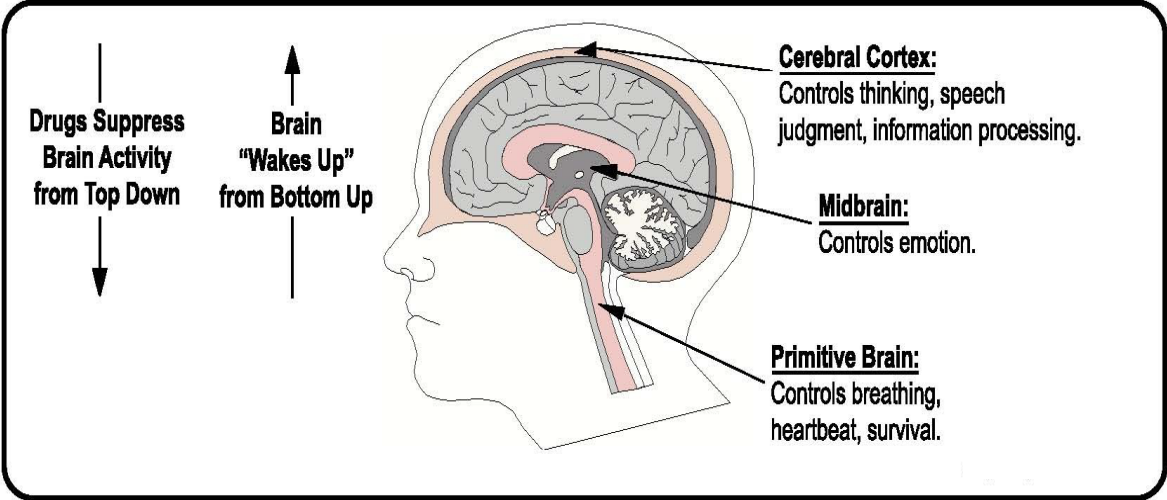




Neurochemistry of Toxicity and Emotions as the Brain Wakes Up; Volume II; Subject Five; Pages: Subject 5-8 – 5-13

Psychoeducation Part II: Topics & Focus (continued)	Pages & Location	Presentation Suggestions	Time-Frame with Crisis Processing	Time-Frame without Crisis Processing
<p>To the Group:</p> <ol style="list-style-type: none"> 1. What comments do you have? 2. Sometimes it can be difficult to realize that a person’s perception is still affected in early recovery. What thoughts do you have this? 3. What symptoms of toxicity do you relate to? 4. How are you coping with these symptoms? 5. Remember it took time to cause these effects on the nervous system and the brain and the body. It will take time for them to recover. Hang in there!!! 			 Continued 	 Continued 
Psychoeducation Part II: Topics & Focus (continued)	Pages & Location	Presentation Suggestions	Time-Frame with Crisis Processing	Time-Frame without Crisis Processing
The Brain Wakes Up From Toxicity	Subject 5-11 – 5-13	<ol style="list-style-type: none"> 1. Summarize seven paragraphs. 2. In the “Tips to Professionals” you will find suggestions about the graphic. 	 20 Minutes 	 25 Minutes 
				
Effects on Emotions in The Waking Up Process	Subject 5-13	Summarize five paragraphs.		

Neurochemistry of Toxicity and Emotions as the Brain Wakes Up; Volume II; Subject Five; Pages: Subject 5-8 – 5-13

Psychoeducation Part II: Topics & Focus (continued)	Pages & Location	Presentation Suggestions	Time-Frame with Crisis Processing	Time-Frame without Crisis Processing
<p><u>To the Facilitators:</u></p> <ol style="list-style-type: none"> 1. This particular information is very important for many reasons. 2. It helps a person make sense of why early recovery feels so intense. 3. It helps a person realize that what feels so intense or bad is actually because of the healing process...similar to understanding the benefits of the discomfort of physical therapy for instance. <p><u>To the Group:</u></p> <ol style="list-style-type: none"> 1. Do or are you experiencing intense emotions in early recovery? 2. Did you realize these are a part of the recovery process? 3. Will it help to remind yourself that intense emotions are caused by the nervous system healing? 4. The brain and nervous system are saying “What are you doing? Where are the drugs?!” 5. Does it sometimes feel like if someone said, “How are you feeling?” and if they asked in 15 minutes, “Well, how are you feeling Now!” that the answers would be different? With continued recovery, the mood swings of the nervous system even out – Hang in There! 				
Crisis Processing			Time-Frame	
<ol style="list-style-type: none"> 1. Ask the group member(s) to tell the group what happened. 2. Explore options and/or develop an immediate plan for coping. 3. Allow the group to offer support. 			10 Minutes	
“Paper Work”			Time-Frame	
Group participants fill out Group Notes.			5 Minutes	
Group Closure			Time-Frame	
<p>Recommended INSPIRATIONAL HANDOUT <i>Here Are Some Helpful Hints On the Care of Depression Monsters</i> (two page handout) located at the back of Subject Five. Presentations suggestions include:</p> <ol style="list-style-type: none"> 1. Read the handout to the group, <i>or</i> 2. Ask a group member to read the handout out loud to the group, <i>or</i> 3. Give a copy to each group member to take home and ask for a volunteer to read the handout to the group. 			5 Minutes 