



The Depths of Family Addiction

Jo Huey is a Personal Change Expert and child of an alcoholic and has undergone over 20 years of self-development. She's a qualified Master Neuro Linguistic Programming Practitioner and an Emotional Freedom Technique Practitioner. In short she's qualified to facilitate change. Jo has carried out several speaking events to Bournemouth Council, Bournemouth and Southampton Universities, The Samaritans and local well-being groups. The workshop gives social workers, health visitors, school nurses and other professionals a **unique insight into how families feel living with someone's addiction**. Jo shares the **best ways to help, relate to children** to get them to trust you and open up about what they really feel and want.

2 ½-3-hour session covering the topics below:

- Brief overview of Jo Huey's story (20 mins)
- Alcohol – The Facts
- What does being alcohol dependant mean? Different levels/degrees of dependence
- Perception and judgement of alcohol abuse
- Typical signs someone has an unhealthy relationship with alcohol – emotionally, physically and behaviourally
- Roles in the home
- Typical characteristics of the family
- ACE's – What are they?
- Being aware of the parent's history
- Different types of environments and experiences
- Impact of alcohol on the whole family/ Environment – home life, work life, school life, social life
- Long lasting effects on family members
- How to best help families of addicts
- Research – handout to take away
- Q & A

Benefits of the session

- Increased understanding and awareness of alcohol dependence
- Increased knowledge of typical characteristics of the alcoholic/family members
- Increased understanding of the family members experience
- Identify best practice when working with families of alcoholism
- Better understanding of environmental factors
- Awareness of specialists for referrals

Investment: £350 including petrol expenses if within 3 miles of Bournemouth. Mileage charge 0.45p per mile outside the area.

This includes all the preparation, travel time, research documents, speaking time and experience in living with someone's alcoholism.

www.johuey.co.uk
<http://www.youtube.com/c/JoHueybusiness>
www.twitter.com/joanne_huey
www.instagram.com/johuey_acoa