

SCQF Accreditation

What you get and what does it mean to future employers?

The Certificate in Self Coaching accrues 2 credit points at SCQF 5 (equivalent to SVQ level 2)

A Certificate in Recovery Coaching accrues 4 credit points at SCQF 7 (equivalent to SVQ level 3)



Support for active coaches

It is a requirement, that Recovery Coaches engaged in coaching others, will receive regular, formal supervision carried out by ADA D.A.R.T. trainers.

This coaching will also necessitate the keeping of accurate records and logs of sessions.

We encourage everyone who becomes a certified Recovery Coach to stay in touch with other coaches and look after their ongoing development as a coach.

We also run regular Action Learning Sets (ALS) for coaches to meet, share experiences and think through practice issues.

Next Courses Due to Commence

Timmermarket Clinic
1 East North Street
Aberdeen AB24 5HT

Feedback

“Coaching helped me change the direction of my life and has been a positive influence in my recovery.”

“Really enjoyed the training and the group was contributing to raise my self-awareness , confirming stuff I already knew but wanted to dodge.”

“Very positive experience. Training was good humoured and upbeat, which I like, and best of all I can put the learning into practice.”

“I honestly don't think I would be as far forward in my recovery if not for the coaching. It helped me deal with stuff I'd put off; it works even when you're not conscious of it working.”

“Staying stopped was always my problem. I feel the DART course has greatly improved my chances of staying clean.”



Alcohol & Drugs Action

Reducing Harm. Enabling Recovery.

D.A.R.T.
Drugs & Alcohol Recovery
Training
Self and
Recovery
Coaching

Alcohol & Drugs Action is a registered Scottish charity, SC 013582, registered office 7 Hadden Street, Aberdeen, AB11 6NU

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What is Self and Recovery Coaching?

Human beings **are** capable of change. When we want and are willing to take the required actions, the key resource is within us. A Recovery Coach helps us work out what these are and how they assist to make lasting changes in our lives.

At any stage of recovery, people may want someone to help them:

- reflect on how their life is going, and where they want to get to;
- explore a specific aspect of their life and make some progress;
- consider what makes them tick and what 'holds them back' in their personal development.

Self Coaching is a process of using tips and techniques to help understand ourselves better and learn "How we Tick". It can also assist people to identify and achieve goals and ambitions; to enjoy a contented, fulfilled and happy life.

Recovery Coaching can help people on a recovery journey by acting as a facilitator for this process and thereby achieve sustained recovery.

Self Coaching

Self Coaching is a 6-session course focusing on:

Self awareness

Self Management

People Skills

It is a fun course, involving engaging exercises and discussions - focusing on how our brains and minds work. We explore our uniqueness as individuals and what happens when people interact with one another. It explores different ways we can help ourselves to achieve the goals we want in our recovery.

Each session lasts around 6 hours (including breaks), and we encourage participants to attend all sessions.

A workbook is provided for participants and completion of this is part of the accreditation process, should you want to gain a qualification.

For people who want to go on to become a Recovery Coach, this course is an essential introduction.

Qualification: 2 credit points @ SCQF level 5



Recovery Coaching

Recovery Coaching continues from the Self Coaching course with a further 5 sessions, covering:

Coaching as a support to others

The Skilled Recovery Coach

The Reflective Practitioner

Case Study Coaching

In addition to these sessions, participants are required to spend further time coaching another course participant and being coached; to ensure you get plenty of practice in coaching skills, before coaching someone else to complete the course.

This course is a really positive step towards helping others in their recovery; for people who already feel stable and strong in their own recovery. It is ideal for peer supporters.

The course is very interactive and supported with a workbook for participants to complete for their accreditation.

A final assessment is carried out following a case study and completion of 12 logged one-to-one coaching sessions.

Qualification: 4 credit points @ SCQF Level 7

Once accredited, there are opportunities to be a Volunteer Recovery Coach at ADA.

**Interested? Then contact
Our Business Support Team: 01224 577120
Or you can email
dart@alcoholanddrugsaction.org.uk
for more information**