



# RECOVERY COACH ACADEMY

The CCAR Recovery Coach Academy© is a 5-day intensive training academy designed to provide individuals with an understanding of both the art and science of Recovery Coaching. Delivered in a retreat like environment, the CCAR Recovery Coach Academy© prepares participants to guide and mentor others in recovery from an addiction to alcohol and or other drugs. By focusing on the goals of the individuals being served, participants will learn the key fundamentals of this rewarding work, which CCAR has identified as actively listening, asking really good questions, and treating people as their own best resource, all while discovering and managing our own stuff.

## CCAR RECOVERY COACH ACADEMY© PARTICIPANTS WILL:

- Describe Recovery Coach role and functions
- List the components, core values and guiding principles of recovery
- Build skills to enhance relationships
- Explore many dimensions of recovery and recovery coaching
- Discover attitudes about self disclosure and sharing your story
- Understand the stages of recovery
- Describe the stages of change and their applications
- Increase their awareness of culture, power and privilege
- Address ethical and boundaries issues
- Experience recovery wellness planning
- Practice newly acquired skills

**This training provides 30 CEUs/Contact Hours.**

**Healthy Acadia is excited to offer 6 FREE CCAR Recovery Coach Academy Trainings - 9:00am -1:00pm each day**

**\*July 6-10**

**November 9-13**

**March 8-12**

**\*September 21-25**

**January 11-15**

**May 10-14**

**Registration is open to Maine Residents only**

Each training will consist of 4 hours on-line daily, with 2-3 hours of pre/post work assigned daily

**\*To be offered as an Online training - Other dates/locations TBD**

**To register for one of the training sessions use this link:**

**<https://forms.gle/qT9wtDM4FMj3rWdc8>**

The Connecticut Community for Addition Recovery (CCAR) 5 day training is conducted by Denise Black and Terri Woodruff, CCAR Authorized Trainers



**For more information contact:**

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