



# 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.**

**Location: SHAR Academy located at 1851 West Grand Blvd, Detroit MI 48204**



### Class Schedule:

**Sat Jan 20th from 9AM-5PM**  
**Sun Jan 21st from 9AM-5PM**  
**Sat Jan 27th from 9AM-5PM**  
**Sun Jan 28th from 9AM-5PM**

**Please note that this schedule has been adapted from the 5 day offering. In order to provide the 30 contact hours, this experience will consist of 4 days of in-person learning and completion of some brief exercises from the manuals as individual work. Attendance at all sessions is required to receive continuing education hours. Registration is required. Please see link below.**



<https://SHAR-rca-Jan-2024.eventbrite.com>