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Workshop: 19 March 2019
Potchefstroom

**Substance abuse in children:
Child-friendly interventions**

Agenda

- Opening and welcoming 9:00

- Ice breaker 9:10
- Addiction and youth
- Why do we need child-friendly techniques?
- Concepts in addiction and Child-friendly techniques
 - Emotional dependency
 - Balloon technique
 - Changes to the brain and triggers
 - Traffic light technique
 - Think, feel, do worksheet

- **Tea break** 10:45

- Concepts in addiction and Child-friendly techniques (continues) 11:00
 - Think, feel, do worksheet
 - Lifestyle changes explanation
 - Safe/Unsafe techniques
 - Feelings: Trashcan/Plate technique
 - Feelings: Ping-pong ball technique
 - Feelings: Color my life technique
 - Feelings: Balloons of anger
 - Feelings: Coping skills wheel technique
 - Feelings: Self-control bubbles technique
 - Feelings: Bubble tennis/Deep breathing

- Questions and summary 13:15