

Course Information Sheet

Shame and Addiction (2 education hours)

Course Description: Shame is a powerful, elusive, and clever emotion that can protect or destroy an individual. The healthy function of shame is to protect and motivate us to move in a positive direction. This course examines shame and the addict.

Course Objectives:

1. Explain the healthy function of the emotion of shame
2. Describe how shame can become a negative emotion and lead to destructive thoughts and behaviors
3. Discuss how shame can lead to use of , abuse of , and addiction to various types of drugs and alcohol
4. Participate in an exercise that will help you recognize and understand the role that shame plays in your life

Click here to enroll in this course:

<http://substanceeducation.com/moodle-subed/course/view.php?id=10>

