

Course Information Sheet

Understanding Codependency (0.5 education hour)

Course Description: There are many people who care deeply about a person who is chemically dependent. Sometimes the relationship with a chemically dependent person can become toxic and develop into codependency. This course will define codependency, provide practical examples, and discuss the recovery process for the codependent individual.

Course Objectives:

1. Examine various definitions of codependency
2. Review the characteristics of codependency
3. Evaluate detachment as a technique
4. Consider a recovery process to move away from dependence

Click here to enroll in this course:

<http://substanceeducation.com/moodle-subed/course/view.php?id=22>

