

# Reflection

## Independent Living Group: Overcoming Addiction: 03/11/20

**Objective:** The objective was to empower the participants with information that will aid in overcoming addictions. I believe that this objective was partially met. The amount of time given was not adequate in order to cover this topic thoroughly, but patients expressed that the group was good and were engaged.

**Review Homework:** No patients completed the previous homework.

**Education:** Simple education was provided on addictions and the brain.

**Handout:** The Overcoming Addiction Cycle & Keys

**Discussion:** The group discussed the information provided on the handout and how this can be practically applied.