



Schedule Fall 2025

Programme: Addiction and Recovery Coaching and Counselling

Teacher: Lya Young-Afat

Class time: 10.00 a.m. – 5.00 p.m.

Class day: Friday (incl. online sessions on Wednesday)

Location: Utrecht

Module 1: Introduction to addiction counselling – Understanding addiction

1. 7 November 2025 *(mandatory attendance)*
2. 28 November 2025 *(mandatory attendance)*
3. 19 December 2025 *(mandatory attendance)*

Module 2: Family coaching in addiction (3 days)

4. 16 January 2026
5. 6 February 2026
6. 13 March 2026

Module 3: Recovery coaching (5 days)

7. 10 April 2026
8. 22 May 2026
9. 5 June 2026
10. 19 June 2026
11. 3 July 2026

Module 4: Interventions (3 days)

12. 4 September 2026
13. 18 September 2026
14. 9 October 2026

Module 5: Marketing yourself as a coach and/or setting up your own practice (1 day)

15. 6 November 2026 *(mandatory attendance)*



Online Sessions: Mental Disorders, Grief, and Trauma

The online sessions will take place on **Wednesday evenings** from **7.00 p.m. until 9.00 p.m.**

1. 11 February 2026
2. 4 March 2026
3. 25 March 2026
4. 22 April 2026
5. 13 May 2026
6. 3 June 2026
7. 17 June 2026
8. 1 July 2026

Attendance requirements

Students are required to attend at least 90% of classes to be able to receive a diploma. Attendance is mandatory for all classes of the three day introduction module, as well as for the last class day of the programme.