



## 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 2026 *(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.