



Schedule Fall 2026

Programme: Addiction and Recovery Coaching and Counselling

Teacher: Lya Young-Afat

Class time: 10.00 a.m. – 5.00 p.m.

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

Location: Utrecht

Module 1: Introduction to addiction counselling – Understanding addiction

1. 7 November 2026 *(mandatory attendance)*
2. 21 November 2026 *(mandatory attendance)*
3. 5 December 2026 *(mandatory attendance)*

Module 2: Family coaching in addiction (3 days)

4. 9 January 2027
5. 6 February 2027
6. 6 March 2027

Module 3: Recovery coaching (5 days)

7. 20 March 2027
8. 17 April 2027
9. 15 May 2027
10. 12 June 2027
11. 26 June 2027

Module 4: Interventions (3 days)

12. 18 September 2027
13. 2 October 2027
14. 13 November 2027

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

15. 11 December 2027 *(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. 17 March 2027
2. 7 April 2027
3. 28 April 2027
4. 12 May 2027
5. 2 June 2027
6. 23 June 2027
7. 8 September 2027
8. 29 September 2027

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.