



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

Theoretical exam online: Saturday 18 December 2027

Time: from 10.00 a.m. – 12.00 (noon)

The theoretical exam will take place online, so you can do this from your home.

Attendance requirements

Students are required to attend at least 90% of classes to be able to receive a diploma. We expect you to be available on all dates on the class schedule and to follow the lessons in your own group. In principle, it is not allowed to catch up on a class day in another group, in order to guarantee group dynamics.

Only in very exceptional circumstances, mainly when the attendance requirement of 90% is compromised, can a lesson day be followed in another group. This is always in consultation with and at the discretion of the ACC.

Please note: attendance is mandatory for all classes of the three day introduction module, as well as for the last class day of the programme.