

# Holistic Health for Addiction Recovery Syllabus

## INSTRUCTOR

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## OFFICE LOCATION

Building A #102

## OFFICE HOURS

Tues & Wed 3-5pm

## COURSE OVERVIEW

In Holistic Health for Addiction Recovery, there will be emphasis on the vitamins, supplements, and nutrition essential for a healing body of the addict. Stress management in the forms of meditation, vagus nerve skills, and cold therapy will also be prominent for recovery. Lastly, the importance of exercise physically, mentally, and emotionally, while approaching addiction recovery. There is not a one size fits all solution to addiction. A key component is replacing the addictive behavior with positive new behaviors.

## COURSE OUTCOMES

1. Encompassing how specific holistic health modalities can be paired together to help specific populations.
2. Understanding that addiction is a disease of the mind, body, and soul, so it must be healed in the same fashion.
3. Exploring specific deficiencies present in addiction and the supplements that can be implemented.
4. Differentiating between what the addiction wants and what is holistically needed.
5. Exploring meditation and vagus nerve skills to implement for stress management.
6. Understanding how the nervous system works, how it is affected in addiction, and how integrative modalities help with regulation.
7. Understanding neuroplasticity and the capacity of the body to heal.
8. Exploring the positive impact exercise can have throughout a recovering addict's life.
9. Applying the information learned and reflecting on how it will help the community.

## REQUIRED MATERIAL

Access to the internet for lectures.

Notebook and pen for notetaking.

Any other materials will be mentioned throughout the course.

## COURSE SCHEDULE

WEEK 1: VITAMINS, SUPPLMENTS, AND NUTRITION SUPPORTIVE FOR ADDICTION RECOVERY

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-Vitamins and supplements commonly recommended for depression and addiction recovery and their purpose. Restoring liver and kidney health, correcting imbalances, and proper implementation. (Glutathione, NAC, Magnesium, Activated B12 Vitamin, Vitamin D3, Dandelion tea, Licorice tea, Probiotics)

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-Exploring the gut/brain connection and eating in response of how you desire to feel (Probiotics continued)

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-The importance of sunlight or supplantation (Vitamin D3 continued)

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-Caffeine addiction in addiction recovery and its link to vitamin B deficiencies

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-Candida and alcohol cravings

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-The difference between intuitive eating and cravings. Listening to your body's signals.

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-The importance of mineralization of water for hydration. Flushing toxins from the body.

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-Segway topic: Chamomile and melatonin- The importance of the circadian rhythm and sleep health

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## WEEK 2: STRESS MANAGEMENT FOR ADDICTION RECOVERY UTILIZING COMPLEMENTARY AND INTEGRATIVE MEDICINE

-The many approaches to meditation and what is happening physiologically (mindfulness, mantras, and beyond)

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-Breathwork and nervous system regulation (An overview of proper breathing patterns, biohacking breathing techniques, and how the nervous system works)

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-Grounding techniques (5-4-3-2-1 sensory practice)

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-Connection in nature opposing the disconnection of addiction

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-The vagus nerve and skills to utilize (voicing)

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-Cold therapy (meditative and lymphatic flow)

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-Spirituality and the importance of purpose

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## WEEK 3: THE IMPORTANCE OF EXERCISE IN ADDICTION RECOVERY

-Neuroplasticity- the brain forming and reorganizing synaptic connections

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-Dopamine and endorphins

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-Commitment, and building trust with yourself (Self-love and confidence)

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-Building mental toughness and perseverance

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-Sleep health continued

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-Stress management continued

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-From dissociation to embodiment- moving out of your brain and into your body

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-Building positive community and relationships that reflect the life you desire

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## HOMEWORK POLICY

Read all course material by the end of the week. Write a post on a piece of information that you found captivating to start a discussion with your peers. There will be a small quiz at the end of each week to overview information.

Week 1 Assignment: Journal about a craving you experience for a food. Make sure to mention what kind of food it is and if it is generally considered healthy from a societal perspective. List what made this a craving. Then journal about an intuition of listening to your body and what it needs. This could be a feeling of being thirsty and giving your body water. Provide a short reflection at the end.

Week 2 Assignment: Perform any of the modalities we discussed during week two and provide a 200-word reflection. Be sure to mention how you felt beforehand, reflect on your experience, and how you felt after.

Week 3 Assignment: Over the next week put aside time for 3 workouts of at least ten minutes length (If you work out regularly, that counts!). Try to challenge yourself while also being cognizant of limitations. Journal a reflection of how you feel receiving this task, whether you work out regularly or not, any doubts you have, and how you approached the assignment. Give insight on the type of workout you performed, any hardship you faced, and how you felt after. Then reflect on how building consistent positive behavior can be reflective in every area of a person's life.

Final Assignment: For the last assignment, you will propose an idea on how to reveal this information to the community (a holistic health studio, a doctor's office, a support group). Provide support for your theory. Choose a targeted audience, such as age, gender, and socioeconomic background, and why they will be receptive to this avenue to sharing healing modalities with the addiction recovery community. Also address any roadblocks you may face.

### **ADDITIONAL INFORMATION**

Lectures will take place online. During this time, the class material will be overviewed. The sessions will be interactive, giving students the opportunity to share their experience and ask questions. The professor may provide further material, resources, and assignments to encourage further learning.