

Didactic Education Groups

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The term “*didactic*” refers to offering and providing instruction intended to teach some specific information; to set up a condition for learning which makes for uniqueness, for self-direction and for self-initiated learning. These education groups will use written materials, repetition, review and rehearsal to promote and enhance retention of information, as well as compensatory strategies to enable generalization to life. Among the specific topics that are offered, but not limited to:

Managing Your Stress

Personal Hygiene

Sexuality, Sexual Behavior and STDs

Skill Development for Relapse Prevention

How to Deal with Problem People/Problem Environments

Series: Alcohol and Other Drugs

Denial

Sleep Problems and Sleep Hygiene

Living with Co-Occurring Disorders