



Retretten

Hjelp til videre hjelp

2002

Oslo



- ***Retretten* is a non-denominational, independent resource centre for people struggling with addiction relating to drugs, criminal behaviour, alcohol or medicine. We provide knowledge and tools for sustainable change in the lives of individuals who strive for a functional, everyday life by enabling them to control their addiction and make better use of the help available in the society they live**

# Me



kontakt

Phone: + 47 90690286

Email: [rita@retretten.no](mailto:rita@retretten.no)

# CREW



# Available



Open 6 day's per week

no payment

No appointment

They are anonymous



# Who Retretten works for:

- Addicts in recovery
- Inmates – convicts
- Relativs





# Retretten's work

Help to further help through:

- \* Guidance
- \* Peer education
- \* Acupuncture /
- \* Lunch
- \* Supplements



Supplements





- **We believe that people have a better chance to help themselves if they have some knowledge about their disease**
- **I have developed a program that is based on psychodynamic and cognitive theories**



# ANTA-course

## Peer education





# WHO/DSM

**WHO ICD- 10 F1x.2 / DSM V**

## **International Classification of Diseases**

- **Addiction**
- **Behavior disorder**
- **PTSD**
- **Different stadium of withdrawals**
  - **Acute**
  - **Postacuteabstinense**
  - **Psauoabstinense**



# Our Peer educationprogram

The entire course runs over 1 year

- 5 weeks. They go 4 days a week from 0900 – 1400.
- Family weekend
- Support for 45 weeks – 2 hour 1 evening per week.
- Relation-week
- We have also program for inmates 2 days a week.

# ANTA-course



- **09.00 – 09.45**      **Acupuncture**
- **10.00 - 11.45**      **Lecture**
- **12.00 – 13.00**      **Lunch/Supplements**
- **13.00 – 14.00**      **Work with today's lecture topic**