



# What We Can Do

**No-Addict** work on the basis of the 12-step program with a cognitive approach. Drug treatment is intended to help addicted individuals stop compulsive drug seeking and use. Treatment can occur in a variety of settings, take many different forms, and last for different lengths of time. Because drug addiction is typically a chronic disorder characterized by occasional relapses, a short-term, one-time treatment is usually not sufficient. For many, treatment is a long-term process that involves multiple interventions and regular monitoring.

## **The method and goals for NO-ADDICT are:**

To give the addicted and co-dependent basic knowledge about addictive diseases based on a physical and mental illness concept (symptom and behavior).

To provide insight and knowledge as a facilitator to see the connection between the life situation and the use of drugs and other dependencies.

To give the addicted and relatives knowledge about themselves and their own potential and capacity, learn to free it and live a sober and positive life without the addiction.

To give relatives/family members the opportunity to get rid of their co-dependency and thereby gaining a more harmonious life

To address adult-children problems.

To provide knowledge about the causes and mechanisms of denial.

To provide knowledge of the functions about psyche (soul): thought, feeling, action – the mental functions.

To provide knowledge based on a holistic view of the human spirit and body, to see the whole situation for a human being.

---

### **Address**

Släda 411  
S-86591 Alnö  
Sweden

### **Contacts**

Email: [info@no-addict.com](mailto:info@no-addict.com)  
Phone: +46 (0)701755082  
Web: [www.no-addict.com](http://www.no-addict.com)





# What We Can Do

## **We provide Lectures**

The lectures touches on complex areas that deal with all types of addiction, from sugar, alcohol, shopping or gambling to heroine, and covers both addiction and co-addiction. What characterizes a working environment and what friends and relatives should or should not do, to be as helpful as possible.

## **Training by Doing**

We offer group and individual sessions including exercises, using approved tools and methods. The training is suitable for companies, organisations and public institutions as well as families.

## **Counseling**

In close cooperation with well established partners in the addiction treatment field, using professional counseling, frequent follow-up sessions with our clients, we can contribute to a long term and sustainable solution.

*Feel free to contact us for more information on how we can help you.*

---

### **Address**

Släda 411  
S-86591 Alnö  
Sweden

### **Contacts**

Email: [info@no-addict.com](mailto:info@no-addict.com)  
Phone: +46 (0)701755082  
Web: [www.no-addict.com](http://www.no-addict.com)

