

# LEVEL 1

## Introduction to Benzodiazepines

**During this 4-hour course you will learn what tolerance, withdrawal, addiction and dependency means and how this relates to a clear understanding of recovery. This comprehensive overview will develop or refresh your confidence to work with clients.**

### Who is this course for?

**This course is** for health practitioner, and other professionals who come into direct contact with clients either face-to-face, over the phone or online, who use prescribed drugs (including benzodiazepines, Z drugs, sleeping pills, Pregabalin, Gabapentin and opiate-based painkillers).

### About the course

**This course will equip** participants with core knowledge around Benzodiazepines (Benzos), some of the most widely prescribed drugs in the UK and the world. As well as Z drugs such as Zopiclone and Zolpidem, and mild to moderate opioids. It also aims to inspire confidence in learners, so they feel they can provide better customer support to their clients and contacts as appropriate. **It will address core issues including:**

- Identification
- Classification
- Drug driving
- Effects of prescribed drugs, how and why they are used
- The dangers of benzos and alcohol
- An understanding of dependency, physical dependence, drug tolerance and the basic science of Benzos addiction and dependency.
- A brief overview of stabilisation and withdrawal

### Learning outcomes

**By the end** of the course, participants will be able to:

- Give examples of a range of reasons why people use tranquillisers and pain killers.
- Recognise signs and symptoms of withdrawal and mental health problems associated with Benzos.
- Explain what psychiatric drugs are, the side effects and coming off medication, plus, why medication's half-life matters.
- Understand the side effects benzodiazepines can cause?
- Respond to challenging customers/callers.
- Explore approaches to help manage expectations appropriately.
- Design and manage their client's own stress, mental health and wellbeing personal plan.



# Training rates

**Standard booking fee for half day training at Level 1 is £150.00 per person.**

**Groups under 10 people - £130.00 per person.**

**Groups of 20 people - £110.00 per person.**

**Concessions available for charities, students and volunteers.**

**Battle Against Tranquillisers (soon to be PostScript 360)**

**1st Floor, East Wing,  
The Kingswood Estate,  
Britannia Road,  
Kingswood  
Bristol  
BS15 8DB**



**T- 0117 9663629**

**E-mail: [support@bataid.org](mailto:support@bataid.org)**

**[www.bataid.org](http://www.bataid.org)**

**Registered Charity No. 1056508**