

Looking for a way  
out of addiction?

**TRP**

## What is the TRP?

The TRP is a training programme that provides an alternative to the existing approaches, by helping you REDISCOVER how to get CHOICE back in your life. It is simple to understand, engaging and life changing.

Do you:

- Feel stuck with re-occurring unhelpful habits and patterns?
- Find yourself making impulsive decisions?
- Feel frustrated, angry and powerless?
- Feel fed up with feeling stuck in your life?

Then **TRP** is for you.

**TRP** has helped others get out of the trap of:

- Cocaine and Crack
- Heroin and other opiates
- Cannabis
- MDMA
- Crystal Meth
- Alcohol
- and other addictions

Our experienced practitioners will guide and support you throughout every stage of your journey to a new future.

## New skills

The training takes place over 3 consecutive half days of between 3-5 hours. This may seem like a stretch, but people find it such an intriguing and entertaining course that time seems to fly by.

These are either in small groups of 3-6 people or as a one to one by arrangement.

In the training you'll learn:

- How to identify unconscious patterns and symptoms that are keeping you stuck
- How to interrupt these unconscious patterns
- How to replace them with healthy patterns

***"I knew everything about drugs - but not how to stop - until now"***

Gary,  
Poly drug user.  
Now abstinent - 6 months after TRP

Your training has been designed to be simple enough for anyone to use and we are experienced with people in all stages of recovery and drug use issues. It is unlike normal group therapy, instead think of it more as a top level performance training - just for people with addictions.