

# *Life Without Cannabis*

## SYLLABUS

### OBJECTIVES

Participants will:

- learn the history, legal and cultural status of cannabis
- study the pharmacokinetics of cannabinoids
- become better aware of the physical and psychological effects of cannabis
- make a commitment to a cannabis free lifestyle
- apply the 12 Steps to maintaining abstinence
- learn how personal stressors and triggers affect the choice not to use
- apply Dialectical Behavioral Therapy techniques to cannabis free lifestyle

### SCHEDULE

7:30 - 8:00 AM Business, Coffee, and Juice

All contracts are signed, funds paid, and consents executed.

8:00 - 9:00 AM

UNIT 1 (60 minutes)

Botany 101 - It's a Weed

History - Scythians, Egyptians, Africans, India, China, Europeans, Americans

Legal Status - It's Illegal

Medical Marijuana - It's Legal ...Sort Of

The Culture of Pot

9:00 - 9:10 AM Break

9:10 - 10:40 AM

UNIT 2 (90 minutes)

This is Your Brain and Body On Dope

Effects of Methods of Ingestion

Pharmacokinetics

Metabolites

Concept of Half Life

Cannabinoids - THC, CBD, CBC, CBG, CBN

Effect on Hormones

Effect on Lungs

10:40 - 10:50 AM Break

11:00 AM - 12:00 PM

UNIT 3 (60 minutes)

Why People Get High

Biological, Emotional, & Social Rewards

What You Pay To Play

# *Life Without Cannabis*

12:00 - 1:00 PM Lunch on your own

1:00 - 2:00 PM

UNIT 4 (60 minutes)

Your Personal Commitment to Life Without Cannabis

Why Fear, Guilt, and Negative Consequences Alone Aren't Enough

What You Personally Have To Overcome to Achieve Abstinence

2:00 - 2:10 PM Break

2:20 -3:20 PM

UNIT 5 (60 minutes)

What the 12 Steps Have to Offer

- Needing Help
- Humility
- Reaching Out
- Releasing Attachments To Illusions of Control
- Fearless Self Assessment
- Setting Things Right
- Habits of Mind
- Recovering

3:20 - 3:30 PM Break

3:30 PM - 5:00 PM

UNIT 6 (90 minutes)

What Dialectical Behavioral Therapy Has To Offer

- Triggers
- Stressors
- Impulsivity

Replacing the Headrush with Mindfulness

Releasing Attachments to Unhealthy Thoughts

Practicing A New 420

MORE ABOUT THIS EDUCATIONAL PROGRAM AT  
[http://www.evanmpeterson.com/emp\\_lifewithoutcannabis.html](http://www.evanmpeterson.com/emp_lifewithoutcannabis.html)

Please call 815-861-8800 between 9:00 AM and 5:00 PM Central Time to  
request a fee agreement.