

# ADDICTIONS AND RECOVERY

- CHRIS HILL AND OLIVIA DJOUADI



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Learning Together Online

## Resource Guide

# About Olivia Djouadi

I am a UKCP psychotherapist and counsellor, and trained as an online counsellor to supervision level at OLT Online Training for Counsellors. I teach at OLT as well.

I am also a highly qualified trauma counsellor and have been a in-person practitioner for those who have experienced life traumas and severe trauma. I work with those with chronic illnesses which are more prevalent than those with early childhood trauma.



**Olivia Djouadi**



# About Chris Hill

Chris Hill is award winning, best-selling author of: [Get Your Life Back: The Road to Freedom from Addiction](#).

He is an addiction expert who helps people overcome all types of addiction such as addiction to nicotine, alcohol, drugs, etc., as well as addictive activities such as gambling and over-eating. His programme is also being used for mental health and wellbeing, i.e. to manage or eradicate compulsive behaviours, phobias, anxiety, stress, and other fear-based conditions.

He is also a campaigner for a better understanding of the truth about refined sugar and teaches overcoming sugar addiction. He works in a holistic way with people who have eating disorders such as bulimia and anorexia nervosa; and has had success with managing these conditions.

Chris had his own battles with addiction spanning 20 years of his life. He first became addicted to nicotine at the age of seven, progressing to alcohol and drugs later in life. He attended dozens of recovery programmes and used dozens of systems to no avail. He then educated himself around how addictive substances affect the subconscious mind and body and developed a method to reverse addiction and return the individual to their pre-addicted mind. He has been free of all addictions for just over ten years.

Following the loss of his twin brother to alcohol and drugs in 2014, Chris has made it his life mission to share the knowledge that helped him permanently escape from addiction; with as wide an audience as possible.



**Chris Hill**



# About Chris Hill (ctd)

Chris was awarded the BSVC Award for Services to Health & Wellbeing 2017. He is working alongside the addiction service Nexus, and has just completed training with the NHS to support patients suffering from addiction as well as mental health issues. MIND have now incorporated his workshop into their service delivery. Chris works with a number of homeless charities delivery addiction workshops; and offers both a drop-in service and intensive programme for his own clients.

His book has sold over 4000 copies worldwide since its publication in September 2016 and the feedback has been incredible with people contacting him from around the world to thank him for changing their lives.

On 1st August 2017, Chris was invited to present his 7-Day Beat Addiction Plan to the research team of Dr Nora Volkow, The Director of NIDA (National Institute of Drug Abuse) at the World Health Institute, Washington DC and is in talks with Dr. Ethan Kross from Michigan University to look at the effectiveness of 'Self-talk' when applied to addiction.

Chris is working with author and Clinical Psychologist, Dr. James Manning on a publication that aligns his teaching with a CBT model for addiction recovery.

He is also collaborating with Dr. Rachel V. Gow, Nutritional Neuroscientist and ADHD world expert; to publish a paper incorporating effects of sugar.



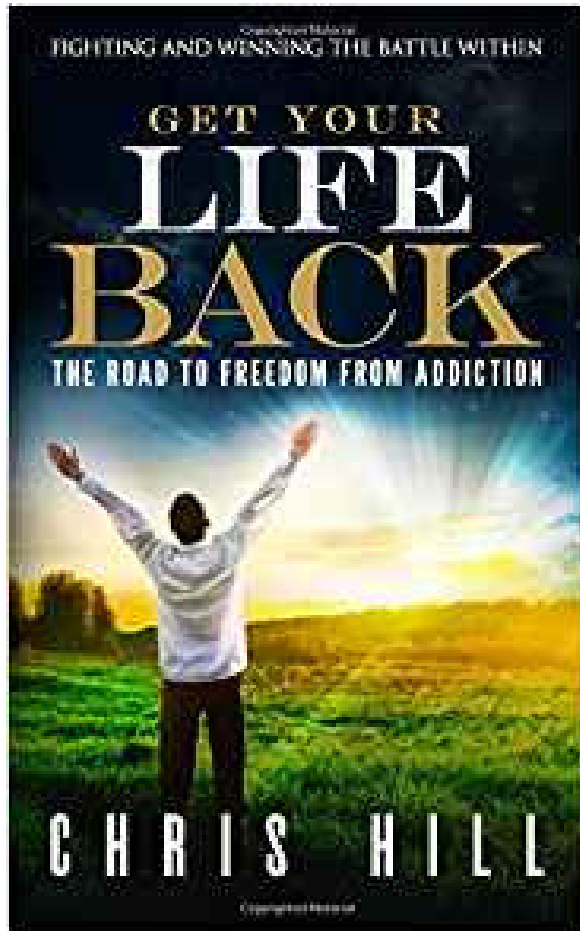
# Event Details

Addiction and a newer way people can recover. Chris will be speaking about his experience of helping others to find a way out of addictions. Some people have multiple addictions and others have one they need help to give up. Chris's plan will explain this and he will speak of those who have successfully become addiction free.

Olivia Djouadi works as a counsellor and emotional support person in the work Chris Hill does with his group that he runs twice a week near London. He is presently working on an online version which will soon be out so those further afield can use his programme and find freedom from emotions. As the addictions are tackled, some emotional upheaval can occur which Olivia can assist with in person or online.



# Reading



Through personal experience, Chris Hill has become an expert in the field of overcoming addiction using the power of the subconscious mind... and through a devastating tragedy, he has made it his mission to teach what he has learned to as many people as possible. This book will take you on an emotional journey through Chris' own life, his joy, his sadness, his ups, his downs, his stumbling blocks and his solutions.

You'll come out the other side enlightened, and armed with all the tools and knowledge you need to Get Your Life Back. " This read moved me, gave me joy, some laughter, and too many tears. Above all, it gave me hope." - Alison Seary

**MORE  
INFORMATION**

Video

# Life with Purpose



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# 7-Day Beat Addiction Plan

**Download the 7-Day Beat  
Addiction Plan**





# Contact / Websites - Chris Hill

Click the links below

[www.beatmyaddictions.com](http://www.beatmyaddictions.com)



[@beatmyaddiction](https://twitter.com/beatmyaddiction)



[/beatmyaddictions](https://www.facebook.com/beatmyaddictions)



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# Contact / Websites - Olivia Djouadi

[www.therapywitholivia.org.uk](http://www.therapywitholivia.org.uk)



**@OliviaDjouadi**



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