

The Wagon: Online AOD Psychoeducational Program

Psychologist Developed | Immediate Commencement | Completion Letter + Curriculum Summary

The Wagon is a structured, comprehensive 10-module **online video-based psychoeducational program** developed by Jay Beckley – Registered Psychologist. It is designed to help people understand and change alcohol and other drug use through practical, skills-based learning.

As a Family or Criminal Lawyer – Why Consider The Wagon?

Immediate commencement

No waitlists. Clients can begin within minutes of enrolment – useful when court timelines are tight.

Short timelines

Typically completed over **4–6 weeks** (*about 1–1.5 hours per week, up to 2 hours if completing all optional exercises*).

Structured, evidence-informed content

Skills-based psychoeducation grounded in CBT and relapse-prevention principles.

An intensive option can be completed over **7–10 days** (*typically 45–90 minutes per day, up to 2 hours with optional exercises*) for imminent matters where appropriate.

Letter of Completion/Participation

Confirms enrolment and completion date, and a descriptive record of topics covered with consent.

Accessible and discreet

Suitable for clients who travel, work long hours, live remotely, or prefer a private online option.

Two optional 1:1 sessions – pre and post program

The 10-Module Curriculum

- 1. Understanding Use:** Patterns, impacts, and maintaining factors.
- 2. Change Process:** Motivation and sustainable change frameworks.
- 3. Triggers:** Mapping high-risk people, places, and emotional states.
- 4. Urge Management:** Strategies for “riding out” cravings.
- 5. Cognitive Tools:** Identifying and unhooking from unhelpful thoughts.
- 6. Emotional Regulation:** Managing feelings without substance use.
- 7. Relationships:** Communication, boundaries, and support networks.
- 8. Setback Planning:** Framing lapses as learning for future prevention.
- 9. Long-term Maintenance:** Lifestyle, routines, and values-based living.
- 10. Consolidation:** Final reflection and long-term change plan.

Fee: \$699 or \$899 depending on 1:1 sessions.

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Disclaimer: The Wagon provides descriptive confirmation of participation only. It does not provide forensic or pre-sentence assessments, risk assessments, or clinical opinions regarding future behaviour. It is a psychoeducational resource and does not replace individual clinical care.

