



The Wagon – Online AOD Psychoeducational Program

Clinician Information Sheet

Program Summary

- **Format:** Online, self-paced psychoeducational program.
- **Focus:** Supporting people to change – or maintain changes in – their alcohol or other drug (AOD) use through structured education, reflection and skills practice.
- **Facilitator:** Developed and presented by **Jay Beckley**, registered psychologist based on the Sunshine Coast, QLD.
- **Length:** 10 modules, completed at the participant's own pace.
- **Delivery:** Pre-recorded video lessons with guided reflections, optional exercises and downloadable handouts.
- **Current fee (individual enrolment): \$699 AUD** – see website for up-to-date pricing.

The Wagon is intended for **education and self-reflection** and does **not** replace individual clinical care or medical treatment. Individual experiences vary.

Who The Wagon May Be Suitable For

- People who have already started to make changes to their alcohol or other drug use.
- Clients who can safely engage with a **self-directed online program**.
- People interested in understanding triggers, coping strategies and relapse-prevention planning.
- Clients who would benefit from structured reflection between appointments or after more intensive treatment.

Who The Wagon is Not Suitable For

- People in acute withdrawal, crisis, or at high risk of harm.
- People requiring urgent mental health or medical assessment.
- Situations where there is imminent risk to self or others.



- People needing detoxification, medication management, or intensive case management rather than psychoeducation.

Program Structure – Module Outline

Each module builds on the last, combining CBT, ACT-consistent ideas and relapse-prevention principles with practical tools.

- 1. Understanding Substance Use**
Explores what “problematic” use can look like, how patterns develop, and common impacts and maintaining factors.
- 2. Ch-Ch-Changes – Making or Maintaining Change**
Looks at the change process, why change is hard, and what can support sustainable change.
- 3. Identifying Triggers and High-Risk Situations**
Helps clients map situations, people and feelings that increase risk, and begin planning safer responses.
- 4. Craving and Urge Management**
Normalises cravings and urges and introduces strategies for “riding them out” and reducing their influence.
- 5. Untangling Unhelpful Thoughts**
Introduces common thinking traps and ways to step back from unhelpful thoughts to support healthier choices.
- 6. Understanding and Managing Emotions**
Links substance use and emotions; focuses on noticing, tolerating and expressing feelings without using substances.
- 7. Building Healthier Relationships**
Covers communication, boundaries and strengthening supportive relationships.
- 8. Bouncing Back from Setbacks**
Frames lapses and setbacks as learning opportunities and supports a compassionate return to the change plan.
- 9. The Big Picture – Living Well for the Long Term**
Encourages attention to lifestyle, routines, values and supports that help maintain change.
- 10. Bringing It All Together**
Guides reflection on learning, consolidation of progress, and planning next steps.



How Clinicians and Services Can Use The Wagon

The Wagon is designed to sit **alongside** existing care, not replace it.

Possible uses include:

- **Aftercare/step-down** following residential rehab or withdrawal.
- A structured adjunct between **counselling, case-management or GP appointments**.
- An option for people in **rural/remote areas** or on waitlists where local AOD services are limited.
- A relapse-prevention/maintenance resource after previous treatment episodes.

Clinical monitoring, risk assessment and treatment planning **remain with you or your service**. The Wagon is an additional structured resource, **not a clinical service**.

Where appropriate, services can request simple, de-identified, **program-level** engagement summaries (e.g. modules started/completed across a group), rather than individual clinical information.

Governance and Safety

- Psychoeducational only; no diagnosis, prescribing, or crisis management.
- No use of client testimonials or identifiable clinical information in marketing.
- Participants are encouraged to maintain contact with their usual treating practitioners and to seek urgent help via local emergency / crisis services when required.

Further Information

- Website: **thewagon.com.au**
- Email: **learn@thewagon.com.au**
- Phone: **+61 7 5471 2179**

For a brief online walkthrough or to discuss how The Wagon might fit within your pathways, please contact **Jay Beckley**.