



The Wagon

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**.