



Living In Balance Crosswalk

R1LEARNING.COM

Crosswalk with R1 Learning Topics

Updated: July 15, 2021

Session #	Session Topic	Available R1 Topics	On R1 Roadmap
1	Definitions, Terms, and Self-Assessment	Stages of Change, Recovery Capital	Trauma, Cultural Competence
2	Alcohol and Other Drug Education	Phases of Addiction	Co-Occurring Disorders
3	Triggers, Cravings, and Avoiding Relapse	Healthy Boundaries, Defense Mechanisms	8 Dimensions of Wellness, Substance Use Disorder
4	Planning for Sobriety	Consequences of Addiction	12 Step Principles
5	Alcohol and Tobacco	Relapse Triggers	Risk Factors
6	Spirituality	Relapse Warning Signs	Recovery & Treatment Ops
7	Sex, Alcohol, and Other Drugs	Emotions & Feelings	Pain Management
8	Stress and Emotional Well-Being	Values	Spirituality
9	Skills for Reducing Stress	Career Interests	Mindfulness Practices
10	Negative Emotions	Affirmations	MAT
11	Anger and Communication		Health Practices
12	Relapse Prevention Basics		Fun In Recovery
13	Introduction to Self-Help Groups		CBT
14	The Twelve Steps		12 Step Sayings
15	Sexually Transmitted Diseases		Character
16	Focus on AIDS		Financial Stability
17	Nutrition and Exercise		
18	Physical Wellness	Stages of Change	
19	Problem Solving	Recovery Capital	
20	Attitudes and Beliefs	Phases of Addiction	
21	Human Needs and Social Relationships	Healthy Boundaries	
22	Family Matters	Defense Mechanisms	
23	You and Your Parents	Consequences of Addiction	
24	Child Development and Parenting Skills	Relapse Triggers	
25	Educational and Vocational Goals	Relapse Warning Signs	
26	Money Management	Emotions & Feelings	
27	Insurance and Consumer Credit	Values	
28	Sexual Abuse	Career Interests	
29	Compulsive Sexual Behavior	Affirmations	
30	Addiction and Loss		
31	Grief: Responding to Loss		
32	Spirituality and Personality		
33	Advanced Relapse Prevention		
34	Medication-Assisted Treatment and Twelve Step Recovery		
35	Chronic Pain and Opioids		
36	Chronic Diseases		
37	Older Adults		

R1 Learning
www.R1Learning.com
 +1 (202) 643-7102

- Available R1 Topics**
- Stages of Change
 - Recovery Capital
 - Phases of Addiction
 - Healthy Boundaries
 - Defense Mechanisms
 - Consequences of Addiction
 - Relapse Triggers
 - Relapse Warning Signs
 - Emotions & Feelings
 - Values
 - Career Interests
 - Affirmations

- R1 Topics Roadmap**
- Trauma
 - Cultural Competence
 - Co-Occurring Disorders
 - 8 Dimensions of Wellness
 - Substance Use Disorder
 - 12 Step Principles
 - Risk Factors
 - Recovery & Treatment Ops
 - Pain Management
 - Spirituality
 - Mindfulness Practices
 - MAT
 - Health Practices
 - Fun In Recovery
 - CBT
 - 12 Step Sayings
 - Character
 - Financial Stability