Introduction to Relapse Prevention eLearning

Course Code: BHE0095

Course Description
This eLearning course provides an overview of relapse prevention (RP), including general terminology and concepts. It also describes the Marlatt and Gordon Model of Relapse Prevention and the steps for developing an effective relapse prevention plan to help those seeking substance use disorder (SUD) or mental health services through the County of San Diego.

This eLearning is the prerequisite to the in-person course: Relapse Prevention Skills Training, course code: BH0209.

Learning Objectives
Upon completion of this training participants will be able to:

- Define relapse in the context of substance use disorder.
- Recognize the triggers and warning signs of a relapse or recurrence of substance use.
- Describe evidence-based practices and models of learning that relate to relapse prevention.
- Explain the key components of an effective relapse prevention plan.

Audience

All substance use disorder counselors, family & support partners, therapists, case managers, and other direct service providers working within the behavioral health

Click Here to log into the LMS and Register

Registration: If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by clicking here. Email RIHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education: This course meets the qualifications for 1 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 15-98-398-0820, and CAADIE Provider # CP10-906-CH0320 for 1 contact hours/CEHs. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to obtain CE Certificates. Click here for the CE Grievance Procedure.