Relapse Prevention Skills Training

Presented by: Terri Hagmann, CADC II-CA, CSC

Course Code: BH0208

February 20, 2020
8:30 am to 4:30 pm
Academy for Professional Excellence
6367 Alvarado Court, Suite 103
San Diego, CA 92120

Course Description

Relapse Prevention is an important tool when working with people living with substance use disorder. In this interactive, skills-based training, learners will gain practical tools to guide individuals maintaining their recovery in one-on-one and group settings by: identifying high risk situations, increasing self-efficacy, eliminating myths surrounding substance-use disorder, and managing lapses. Learners will be guided through a series of case vignettes and will work together to create relapse prevention plans. The prerequisite for this in-person skills course is the Overview of Relapse Prevention: Course Code BHE0095. Click here to see the training outline.

Learning Objectives

Upon completion of this training participants will be able to:

- Identify Relapse Prevention skills to use with an individual in SUD treatment services.
- Apply relapse prevention strategies in both group and individual settings for substance use disorder treatment.
- Identify cultural considerations for Relapse Prevention.
- Identify high-risk situations for substance use.
- Develop a person-centered relapse prevention plan
- Demonstrate techniques that will increase an individual’s self-efficacy.
- Identify your own personal biases and stigmas related to substance use.

Audience

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

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 7 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-EL, Provider # 15-98-398-0820, and CADE Provider # CP10-906-CH0320 for 7 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.