

# Relapse Prevention Skills Training

Trainer: [Terri Garcia, B.S., CADC III-CA, SUDC III,CS](#)

Course Code: BH0208

## Course Description

Relapse Prevention is an important tool when working with people living with substance use disorder. In this interactive virtual training, learners will gain practical tools to guide individuals maintaining their recovery in both one-on-one and group settings. Examples and discussions will be centered around identifying high risk situations, removing barriers, increasing self-efficacy, and providing quality care both in-person and via telehealth services. The course is formatted for an interactive virtual setting, which allows for small group interactions. Learners will be guided through a series of discussions, case vignettes and will work together to create a relapse prevention plan.

Prerequisite: *Overview of Relapse Prevention BHE0095*

See Page 2 for Outline and Learning Objectives

## Audience

All SUD counselors, case managers, therapists, and other direct service providers working within the behavioral health system of care.

Location

**Live Virtual Training:**  
This training will be conducted via [Zoom](#).



Date

November 18, 2021

Time

9:30 am to 12:00 pm & 1:00 pm to 3:30 pm

## 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 in person, telecommute and telehealth
- Apply relapse prevention strategies in both individual and group telehealth settings for substance use disorder treatment
- Describe cultural considerations for Relapse Prevention
- Identify cognitive distortions and automatic thoughts that create high-risk situations for substance use during and after pandemic
- Identify your own personal biases and stigmas related to substance use and how they may be triggered during this challenging time
- Demonstrate techniques through the development of a Relapse Prevention Plan that will remove barriers and increase an individual's self-efficacy
- Develop a person-centered relapse prevention plan that can be used in all situations

[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](mailto: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 5 hours of continuing education credit for LMFTs, LCSWs, LPPCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by 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 CEP10014; CCAPP-EI, Provider # 1S-98-38-98-0822, and CAADE Provider # CP40 906 CH 0323 for 5 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. 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](#).

# Relapse Prevention Skills Training

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**Educational Goal:** To improve the application of Relapse Prevention in the delivery of behavioral health services.

**Learning objects:** Upon completion of this training, participants will be able to:

1. Identify Relapse Prevention skills to use with an individual in SUD treatment services in person, telecommute and telehealth
2. Apply relapse prevention strategies in both individual and group telehealth settings for substance use disorder treatment
3. Describe cultural considerations for Relapse Prevention
4. Identify cognitive distortions and automatic thoughts that create high-risk situations for substance use during and after pandemic
5. Identify your own personal biases and stigmas related to substance use and how they may be triggered during this challenging time
6. Demonstrate techniques through the development of a Relapse Prevention Plan that will remove barriers and increase an individual's self-efficacy
7. Develop a person-centered relapse prevention plan that can be used in all situations

<i>Time</i>	<i>Activity</i>
9:30am-10:30am	Introduction, Objectives, Understanding the goals for prevention, Stages of Relapse
10:30am-12:00pm	Automatic Thoughts, Cognitive Distortions, Thought Stopping Techniques
12:00pm-1:00pm	<b>Lunch</b>
1:00pm-2:30pm	Identify the Core Concepts, review current challenges and Multicultural Considerations, Connecting all the pieces
2:30pm-3:00pm	Prevention Planning practice and discussion
3:00pm-3:30pm	Check out/Evaluations

\*Please note: in order to receive completion and credit/ CE's, you must have your video camera on for the duration of training.



Creating experiences that transform the heart,  
mind and practice