

# Relapse Prevention Skills Virtual Training



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.

## Learning Objectives

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

- Identify evidence-based Relapse Prevention (RP) skills to use with an individual in Substance Use Disorder (SUD) treatment services in person 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 an evidence-based Relapse Prevention Plan (RPP) that will remove barriers and increase an individual's self-efficacy
- Develop a Relapse Prevention Plan that is person-centered and can be used in all situations

## Registration Information

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.

Please see Page 3 for Outline.



## VIRTUAL EVENT

**Date:** February 27, 2023

**Time:** 9:30 a.m. – 3:30 p.m.

This course will be conducted remotely through **Zoom**. A link will be sent to participants a week before training.



## REGISTRATION

**Click here** to log into the Learning Management System (LMS) and Register.

Course Code: RIHS-0208



## Who Will Attend

All SUD counselors, case managers, therapists, and other direct service providers.



## THE TRAINER

Terri Garcia BS, CADC III-CA, SUDCC III-CS is the founder of Empowered Through Choice Training Services, LLC, providing personal and professional growth trainings to groups and individuals. Terri sees the world through a gender responsive, trauma informed lens and honors people for who they are.

[Learn more about Terri Garcia](#)

## Prerequisite

### Introduction to Relapse Prevention e-Learning

Course Code: BHE0095

Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first.

Please review the COVID protocol for in-person trainings.

<https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/>

**COVID Message and  
In-person Training Protocol**

## ADA

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

## Continuing Education

This course meets the qualifications for 5 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 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-98-398-0824, 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](#).

*Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.*



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# Relapse Prevention Skills Training

Terri Garcia, B.S., CADC III-CA, SUDC III - CS

## Educational Goal:

To improve the application of Relapse Prevention in the delivery of behavioral health services.

## Learning Objectives:

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

1. *Identify evidence-based Relapse Prevention (RP) skills to use with an individual in Substance Use Disorder (SUD) treatment services in person 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 an evidence-based Relapse Prevention Plan (RPP) that will remove barriers and increase an individual's self-efficacy*
7. *Develop a Relapse Prevention plan that is person-centered and can be used in all situations*

Time	Activity
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	Lunch
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.**