

SARC

California Addiction Training and Education Series

Cognitive Behavioral Therapy and Relapse Prevention Strategies

Date, Venue, & Trainer Information

Date: Thursday, February 13, 2020

Time: 9:00 a.m. – 4:30 p.m.
Check-in starts at 8:30am

Venue: Hahn School of Nursing Room 106
University of San Diego
5998 Alcalá Park
San Diego, CA 92110

Cost: Free; enrollment is limited to 50 participants

Trainer: James A. Peck, Psy.D.

James Peck, Psy.D. is a licensed clinical psychologist and senior clinical trainer at the UCLA Integrated Substance Abuse Programs (ISAP). For nearly a decade, Dr. Peck conducted Phase II clinical trials of behavioral and pharmacological interventions for stimulant dependence. Dr. Peck has extensive experience conducting curriculum development, clinical trainings, and clinical supervision on the etiology, assessment, and treatment of substance-related disorders, and on the treatment of individuals with co-occurring substance-related and psychiatric disorders. He currently works at UCLA in a primarily clinical training role, and maintains a busy practice treating individuals with co-occurring disorders including HIV and HCV.

Overview and Learning Objectives

Cognitive-Behavioral Therapy (CBT) for Substance Use Disorders (SUD) was initially directed toward preventing relapse to problematic drinking, and was later adapted for use with cocaine-dependent individuals. Since then it has become a mainstay of evidence-based SUD treatment. The purpose of this interactive one-day training is to provide participants with a detailed overview of cognitive behavioral therapy (CBT) and relapse prevention (RP) strategies and encourage use of these strategies in daily clinical practice. The training will be presented in three parts, covering (1) the underlying principles of CBT and RP; (2) the specific elements of CBT including practice with specific interventions (e.g., trigger-thought-craving-use sequence; drug refusal skills; abstinence violation syndrome, etc.); and (3) methods for implementing CBT strategies, including treatment provider role/style in facilitating CBT sessions; using CBT in group and individual sessions; principles of using CBT (e.g., repetition, practice, rationale, scripts, etc.); creating a daily recovery plan; and how to handle relapse. The training will include trainer demonstrations, skill practice, and group discussions. At the conclusion of the training, participants will be able to:

1. Discuss key principles of classical and operant conditioning, social learning theory, and behavioral modeling
2. Describe how these key principles form the foundation of cognitive behavioral therapy (CBT) and relapse prevention (RP)
3. Define drug refusal skills, abstinence violation syndrome, and cognitive reframing. Then discuss how these critical concepts can be incorporated into individual and group CBT sessions
4. Define the "5 W's" of a client's drug use and demonstrate how to conduct a relapse analysis
5. Describe how to develop coping strategies for the psychological, social, and behavioral antecedents that often "trigger" a relapse

Sponsored by: UCLA Integrated Substance Abuse Programs (ISAP); USD Department of Counseling and Marital & Family Therapy; Pacific Southwest Addiction Technology Transfer Center, HHS Region 9; County Behavioral Health Directors Association of CA



Target Audience

The audience for SARC regional trainings is Substance Use Disorder (SUD) treatment providers who are implementing the DMC-ODS Waiver (e.g., counselors, case managers, program directors, executive directors, and administrators), researchers, psychologists, marriage and family therapists, social workers, educators, law enforcement personnel, nurses, physicians, policy makers, students, and community members interested in Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), Screening, Brief Intervention and Referral to Treatment (SBIRT), and other DMC-ODS Waiver implementation training topics.

Instructions for Filing a Grievance Concerning UCLA ISAP's Continuing Education Program:

Please contact Dr. Thomas E. Freese, CE Program Administrator, in writing (UCLA ISAP, 11075 Santa Monica Boulevard, Suite 200, Los Angeles, CA 90025) or by phone (310-267-5397).

For More Information

Please contact Elizabeth Teshome by phone (310-267-5287) or e-mail (eteshome@mednet.ucla.edu) if you have questions, concerns, special needs, or require additional information before registering for this training.

Refund/Cancellation Policy

Notice of cancellation must be made at least 72 hours in advance of the training by contacting Victoria Norith by phone (310-267-5408) or email (vnorith@mednet.ucla.edu).

Continuing Education(CE)

All trainings meet the qualifications for the provision of six (6.0) credit/contact hours (CEs/CEHs).



UCLA Integrated Substance Abuse Programs (ISAP) is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA maintains responsibility for the program and its content.

Up to six (6.0) continuing education credits/contact hours (exact amount will be based on the qualifications of the specific topic) will be provided for each training. UCLA ISAP is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for the program/course and content of each course. Courses meets the qualifications for up to six (6.0) hours of continuing education credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences. UCLA is also an approved provider of CE credit for RADTs I/II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N-00-445-1121), CATCs (ACCBC/CAADE, #CP 20 872 C 0819), and CAODCs (CADTP, #151). Provider is approved by the California Board of Registered Nursing, Provider #15455.

The 2018 SARC training series qualifies for work-related education (WRE) through the California Board of State and Community Corrections' Standards and Training for Corrections (STC) Program. Interested individuals can apply for training credit through their respective training units.

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Seating is limited to 50 participants; to allow the training to be accessible to all interested agencies, a per agency cap may be applied. Please RSVP to Kimberly Valencia by 12:00 p.m. on February 11, 2020. To register online, please visit: <https://www.surveymonkey.com/r/2F8ZYF7> To register by e-mail, please complete the bottom portion of this page and send it to kimberlyvalencia@mednet.ucla.edu. To register by fax, complete the bottom portion of this page and fax it to Kimberly Valencia's attention at 310.267.5492. Registrations will be accepted on a first-come, first-served basis. You will be notified if space has been reserved for you upon receipt of your registration form. If completing this form by hand, please **print clearly. Contact Kimberly Valencia by phone 310.267.5492. or e-mail (kimberlyvalencia@mednet.ucla.edu) if you have questions, special needs, or need additional information to register for this training.

Participant's First and Last Name: _____

Degree(s): _____

Job Title: _____

Agency/Organization Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

County: _____

Phone Number: _____ Fax Number: _____

E-mail Address*: _____

Type of CE Credit Needed**: _____ License/Certification #***: _____

Special Needs or other Accommodations: _____

*By providing your email address, you will automatically be added to the PSATTC listserv. To opt out, please contact Elizabeth Teshome at eteshome@mednet.ucla.edu.



If you need a disability-related reasonable accommodation/alternative format for this event, please contact Chris-Marcus Kitchings at (619) 260-4136 or email ckitchings@sandiego.edu one week before the training

Continuing education credits/contact hours will only be provided to those individuals who participate in the entire duration of the training. Partial credit for less than full participation will **NOT be offered. Licensed number is required for PSY and RN.