

Cognitive Behavioral Therapy and Relapse Prevention Strategies

Sponsored By:

California Department of Health Care Services
 UCLA Integrated Substance Abuse Programs
 Pacific Southwest Addiction Technology Transfer Center

Agency Partner:

Tarzana Treatment Centers, Inc.



Date and Time:	Monday, July 20, 2020, 9:00am-12:15pm PDT The training will begin promptly at 9:00am . Please try to log in 10-15 minutes prior to the training to ensure your audio and visual connections are working properly.
Registration Information:	<p style="text-align: center;">Pre-Registration is required!</p> Register online at: https://ucla.zoom.us/meeting/register/tJlqdu6przsuHN1O_thldrZXPIf4pPIP06Bh <i>**You will receive a confirmation email with a unique Zoom link upon registration. Please do not share your unique Zoom link.</i>
Trainer:	Andrew Kurtz, LMFT, UCLA Integrated Substance Abuse Programs
Who Should Attend:	This three-hour live virtual training is free and is open to providers including: <ul style="list-style-type: none"> • Psychologists • Registered Nurses • LMFTs and LCSWs • Certified Substance Use Disorder Treatment Counselors • Other Primary Care and Behavioral Health Specialists/Clinicians
Training Description and Core Clinical Components:	Cognitive-Behavioral Therapy (CBT) has become a mainstay of evidence-based SUD treatment. The purpose of this three hour virtual live training is to provide participants with a detailed overview of cognitive behavioral therapy (CBT) and relapse prevention (RP) strategies, the available resources and encourage use of these strategies in daily clinical practice. The training will be presented in the three parts, covering (1) the underlying principles of CBT and RP, as behavioral interventions used in the treatment of substance use disorders; (2) the specific elements of CBT in 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.

<p>Learning Objectives:</p>	<p>At the conclusion of the training, participants will be able to:</p> <ol style="list-style-type: none"> 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. Describe how to utilize these approaches in the treatment of substance use disorders. 4. Define the 5 W's of a client's drug use and demonstrate how to conduct a relapse analysis. 5. Identify two common internal triggers and two common external triggers for substance use 6. Demonstrate the use of daily scheduling in developing a targeted, individualized approach to coping skill development.
<p>Continuing Education:</p>	<div data-bbox="337 499 505 653" data-label="Image"> </div> <p>The training course meets the qualifications for the provision of three (3.0) continuing education credits/contact hours (CEs/CEHs). UCLA Integrated Substance Abuse Programs (ISAP) is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA ISAP maintains responsibility for this program and its content.</p> <p>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 this program/course and its content. Course meets the qualifications for three (3.0) hours of continuing education credits for LMFTs, LCSWs, LPCCS, and LEPs as required by the California Board of Behavioral Sciences. UCLA ISAP is also an approved provider of continuing education for RADTs I/II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N-00-445-1121), CATCs (ACCBC/CAADE, #CP40 872 C 0822), and CAODCs (CADTP, #151). Provider approved by the California Board of Registered Nursing, Provider #15455, for three (3.0) contact hours.</p> <p>Partial credit will not be available for those participants who arrive late or leave early. Continuing education credit will be awarded within 6-8 weeks following completion of the virtual training.</p>

Pre-registration is required and enrollment is limited to 50 people for this training.

Registration 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 online registration.

******Please be sure you received a confirmation email before attending this training******

Please contact Victoria Norith by e-mail (vnorith@mednet.ucla.edu) if you have questions, concerns, special needs, or require additional information before registering for this training.



If you need a disability-related reasonable accommodation/alternative format for this event, please contact Victoria Norith at vnorith@mednet.ucla.edu by July 13, 2020.

Refund/Cancellation Policy: *Notice of cancellation must be made at least 48 hours in advance of the training by contacting contact Victoria Norith by email at vnorith@mednet.ucla.edu. You can also cancel directly via zoom.*

Please visit <http://uclaisap.org/sudta/index.html> for additional training opportunities.

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The planners and faculty disclose no relevant financial relationships with commercial interests.

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