

CP-13 Relapse Prevention I

\$170

Denial & Other Barriers to Recovery

14 hours

Objectives: Examines the characteristics that seem to exist in the addict and their implications for treatment. Prepares the counselor to be aware of and ready to address barriers to recovery.

Texts: The Addictive Personality by Craig Nakken & Addictive Thinking by Abraham J. Twerski, M.D. ISBN: 1567313310

Relapse Prevention

12 hours

Objectives: Gain a greater understanding of the role of relapse in the recovery of the addicted client. Understand what is known of relapse and how relapse prevention can be applied in treatment.

Text: Staying Sober: A Guide To Relapse Prevention by Terry Gorski & Marlene Miller ISBN: 083090459X

Motivational Interviewing

12 hours

Objectives: Identifies strategies that develop a counseling relationship that motivated the client to change. Prepares clients to utilize their skills as they create an environment that fosters client change.

Text: Motivational Interviewing: Helping People Change, 3rd ed. by William K. Miller & Stephen Rollnick ISBN: 9781609182274

Biological & Cultural Aspects of Addiction

12 hours

Objectives: Explores how physiological and cultural factors are involved in substance use and addiction. Broadens the therapist's view of the factors that contribute to addiction so they can best utilize their skills to address the client's needs.

Text: The Selfish Brain by Robert L. Dupont, M.D. ISBN: 1568383630