

CP-13 Relapse Prevention I

\$275

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-10: 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-10: 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: Preparing People for Change by William K. Miller & Stephen Rollnick ISBN-10: 1572305630

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-10: 1568383630

From Addiction to Recovery 12 hours

Objectives: Examines how the addicted client moves from the culture of addiction to one of recovery. Prepares the therapist to be alert to the transition that client's undergo as they move from an addictive to a drug free lifestyle.

Text: Pathways from the Culture of Addiction to the Culture of Recovery by William L. White, M.A. ISBN-10: 1568381239

Recovery By Rational Means 12 hours

Objectives: Examines the concepts and the treatment applications inherent in using the Rational/Behavioral Model

Prepares the therapist to apply this alternative paradigm to the problem of substance abuse.

Text: Stay Sober & Straight: How To Prevent Relapse with the Rational Self-Help Treatment Method by Maxie Maultby ISBN-10: 0932838006