

## CP-14 Relapse Prevention II

\$220

### **The First Three Years of Recovery**                      **14 hours**

**Objectives:** Explores the early recovery needs of the addicted client. Better prepares the therapist as they serve the newly recovering addict so as to strengthen their recovery.

**Texts:** First Year Sobriety by Guy Kettelhack ISBN-10: 1568382308

Second-Year Sobriety by Guy Kettelhack ISBN-10: 1568382316

Third-Year Sobriety by Guy Kettelhack ISBN-10: 1568382324

### **Addictive Behaviors Across the Life Span**                      **20 hours**

**Objective:** This course examines how substance use affects the user, this families and the community at large throughout a lifetime of using.

**Text:** Addictive Behaviors across the Life Span by, John S. Baer, et. al. ISBN-10: 0803950799

### **Relapse Prevention II**    **16 hours**

**Objective:** This course takes a broad sweep of the essential concepts involved in preventing relapse with the addicted client. Examines the cues, life-style modifications and other actions the client needs to take to prevent future relapses.

**Text:** Relapse Prevention by G. Alan Marlatt & Judith R. Gordon (ed.) ISBN-10: 1593851766

### **Relapse Prevention III**    **16 hours**

**Objective:** This course examines the various techniques and strategies which can be utilized by the client to learn from past relapses and prevent future ones.

**Text:** Therapist's Guide To Evidence-Based Relapse Prevention by Katie A. Witkiewitz ISBN-10: 0123694299

### **Empowerment in Addiction Counseling**                      **16 hours**

**Objective:** Helps the therapist understanding how the effective utilization of the various levels of care and the various systems involved in the addict's life can help promote a sustained recovery.

**Text:** Substance Abuse Intervention, Prevention, Rehabilitation & Systems Change by Edith Freeman & Lorraine Gutierrez ISBN-10: 0231102364