

CATES

California Addiction Training and Education Series

2017

Cognitive-Behavioral Therapy (CBT) and Relapse Prevention (RP) Strategies

Tuesday, May 2, 2017

**Rustin Conference Center
2085 Rustin Avenue, Ste 1
Riverside, CA 92507
(Riverside County/Southern
California)**

Thursday, May 25, 2017

**1875 Arnold Drive
Martinez, CA 94553
(Contra Costa County/Bay Area)**

Tuesday, May 23, 2017

**Red Oak Room
2060 Campus Drive
Yreka, CA 96097
(Siskiyou County/Northern California)**

Wednesday, June 7, 2017

**Board of Supervisors Chambers
1115 Truxtun Avenue
Bakersfield, CA 93301
(Kern County/Central
California)**

Featured Trainers:

Albert Hasson, MSW
Andrew Kurtz, LMFT and
Grant Hovik, MA

UCLA Integrated Substance
Abuse Programs (ISAP)

Sponsored by:

- **UCLA Integrated Substance Abuse Programs (ISAP)**
- **Pacific Southwest Addiction Technology Transfer Center**
- **California Department of Health Care Services**
- **National Institute on Drug Abuse Clinical Trials Network Western States Node**
- **County Behavioral Health Directors Association of California (CBHDA)**
- **Riverside University Health System Behavioral Health**
- **Siskiyou County Behavioral Health Services**
- **Contra Costa Health Services, Behavioral Health Division**
- **Kern Behavioral Health & Recovery Services**



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. Cognitive-behavioral strategies are based on the theory that in the development of maladaptive behavioral patterns like substance abuse, learning processes play a critical role. Individuals in CBT learn to identify and correct problematic behaviors by applying a range of different skills that can be used to stop alcohol and other drug use. As well as address a range of other problems that often co-occur with it. CBT for substance use disorders has demonstrated efficacy as both a monotherapy and as part of combination treatment strategies.

The purpose of this interactive daylong CATES 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 is broken into three parts. Part I will focus on the underlying principles of CBT and RP, including an introduction to CBT and RP and how the behavioral interventions are used in the treatment of substance use disorders; the principles of social learning theory; the principles of classical and operant conditioning; the 5 W's – functional analysis, including demonstration/practice conducting a functional analysis. Part II will focus on the specific elements of CBT, including the trigger-thought-craving-use sequence; identifying triggers in high- and low- risk situations; the neurobiological understanding of cravings; drug refusal skills; abstinence violation syndrome; and cognitive reframing. Lastly, Part III will focus on instructing participants on methods for using CBT strategies, including explanation of treatment provider role/style in facilitating CBT sessions; how to conduct group and individual CBT sessions; principles of using CBT (e.g., repetition, practice, rationale, scripts, etc.); creating a daily recovery plan; and how to handle relapse and conduct a relapse analysis and 24-hour behavioral plan with a client. All three parts of the daylong training will include trainer demonstrations and, group discussions.

Purpose and Objectives

At the conclusion of this activity, 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.

Target Audience

The audience for CATES regional trainings is substance use and mental health disorders treatment providers (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) and relapse prevention (RP) strategies and resources.

Registration and Training Time

Pre-registration is required. Please fill out the registration form on Page 4, or register online at:
www.surveymonkey.com/s/2017CATES.

A detailed confirmation letter will be sent to you via e-mail upon receipt of completed registration information.

Registration for the Riverside, Yreka, and Bakersfield trainings will occur from 8 a.m.-9 a.m., and the training sessions are scheduled to commence at 9 a.m. and conclude at 4:30 p.m.

Registration for the Martinez training will occur from 9 a.m.-9:30 a.m., and the training session will commence at 9:30 a.m. and conclude at 5:00 p.m.

Please contact Shannon Berteau at 310-267-5398 or [sberteau@mednet.ucla.edu](mailto:sbertea@mednet.ucla.edu) if you have special needs (e.g., ADA access, American Sign Language interpretation, etc.).

Continuing Education (CE)

This training meets the qualifications for the provision of six (6.0) 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.

UCLA ISAP is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LPCCs, LEPs, and LCSWs (Provider # 64812). UCLA ISAP maintains responsibility for this program/course and its content. UCLA ISAP is also an approved provider of continuing education credit for RADTs I/II, CADCs CASs, CADCs I/II, CADCs CSs, and LAADCs (CCAPP, #2N-00-445-1117), CATCs (ACCBC/CAADE, #CP 20 872 C 0819), and CAODCs (CADTP, #151). Provider approved by the California Board of Registered Nursing, Provider #15455, for six (6.0) contact hours.

The 2017 CATES 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.

Note: Continuing education credits/contact hours will only be provided to those individuals who participate in the entire training. Partial credit for less than full participation will NOT be offered.

Registration Form

Pre-registration is required, and online registration is preferred.

(Register online at www.surveymonkey.com/r/2017CATES)

Name: _____ Degree(s): _____

Agency: _____

Job Title: _____

Address: _____

City: _____ State: _____ Zip: _____

County: _____

Phone: () _____ Fax: () _____

E-mail: _____

_____ I'd like to receive e-mail notices about future trainings.

Check which type(s) of continuing education you would like to receive:

PSY RN LMFT LPCC LEP LCSW RADT I/II CADC-CAS

CADC I/II CADC-CS LAADC CATC CAODC

License #(s)*

* License number is required for participants wishing to receive PSY and RN credits/contact hours.

Check which training you would like to attend:

Riverside County, May 2

Siskiyou County, May 23

Contra Costa County, May 25

Kern County, June 7

Fax this form to the attention of Shannon Berteau at (310) 312-0538, or e-mail it to
sberteau@mednet.ucla.edu