

SARC

California Addiction Training and Education Series

Cognitive Behavioral Therapy and Relapse Prevention Strategies

Date, Venue, & Trainer Information

Date: Tuesday, July 17, 2018

Time: 8:30 a.m. – 4:00 p.m.
Sign-in will begin at 8:00 a.m. and the training will begin promptly at 8:30 a.m.

Venue: IBEW Union Hall
1875 Arnold Drive; Martinez, CA 95688
Free parking in building lot & street

Cost: Free; enrollment is limited to 110 participants

Trainer: Grant Hovik, MA

Grant Hovik, MA received his Master of Arts degree in Clinical Psychology from Columbia University, Teachers College. Mr. Hovik has worked in the field of substance use disorders through research, training, and technical assistance since 2006. Currently, he is a trainer and online curriculum developer for UCLA's Integrated Substance Abuse Programs (ISAP) and the Pacific Southwest Addiction Technology Transfer Center (PSATTC), where he conducts a variety of trainings on evidence-based substance use disorder treatment including Motivational Interviewing and Screening, Brief Intervention, and Referral to Treatment. Mr. Hovik is also an instructor for UCLA Extension's Alcohol and Drug Abuse Counseling Certification Program where he teaches about the science of substance use and co-occurring mental health disorders.

Overview and Learning Objectives

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. CBT for substance use disorders has demonstrated efficacy by itself and as part of combination treatment strategies. The purpose of this interactive one-day 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 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.

At the conclusion of the training, 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

Sponsored by: Contra Costa Health Services; California Department of Health Care Services; UCLA Integrated Substance Abuse Programs (ISAP); Pacific Southwest Addiction Technology Transfer Center, HHS Region 9; County Behavioral Health Directors Association of CA



Target Audience

The audience for SARC regional trainings is Substance Use Disorder (SUD) treatment providers who are implementing the DMC-ODS Waiver (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), Motivational Interviewing (MI), Screening, Brief Intervention and Referral to Treatment (SBIRT), and other DMC-ODS Waiver implementation training topics.

For More Information

Please contact Elizabeth Teshome by phone (310-267-5287) or e-mail (eteshome@mednet.ucla.edu) if you have questions, concerns, special needs, or require additional information before registering for this training.

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 maintains responsibility for the program and its content.

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 the program/course and content of the course.

Course meets the qualifications for six (6.0) hours of continuing education credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences. UCLA is also an approved provider of CE credit for RADTs I/II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N-00-445-1119), CATCs (ACCBC/CAADE, #CP 20 872 C 0819), and CAODCs (CADTP, #151). Provider is approved by the California Board of Registered Nursing, Provider #15455 for six (6.0) contact hours.

The 2018 SARC 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.

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1875 Arnold Drive
Martinez, CA 95688

**Seating is limited to 110 participants; to allow the training to be accessible to all interested agencies, a per agency cap may be applied. Please RSVP to Victoria Norith by 12:00 p.m. on July 10, 2018. To register online, please visit: <https://www.surveymonkey.com/r/T6RVYCV>. To register by e-mail, please complete the bottom portion of this page and send it to VNorith@mednet.ucla.edu. To register by fax, complete the bottom portion of this page and fax it to Victoria Norith's attention at (310) 312-0538. Registrations 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 registration form. If completing this form by hand, please print clearly. Contact Victoria Norith by phone (310) 267-5408 or e-mail (VNorith@mednet.ucla.edu) if you have questions, special needs, or need additional information to register for this training.

Participant's First and Last Name:		
Degree(s):		
Job Title		
Agency/Organization Name:		
Mailing Address:		
City:	State:	Zip Code:
County:		
Phone Number:	Fax Number:	
E-mail Address*:		
Type of CE Credit Needed**:	License/Certification #**:	
Special Needs or other Accommodations:		

*By providing your email address, you will automatically be added to the PSATTC listserv. To opt out, please contact Elizabeth Teshome at eteshome@mednet.ucla.edu.



If you need a disability-related reasonable accommodation/alternative format for this event, please contact Trisha J. Seastrom , by phone (925) 335-3333 , or email Trisha.Seastrom@hsd.cccounty.us one week before the training

Continuing education credits/contact hours will only be provided to those individuals who participate in the entire duration of the training. Partial credit for less than full participation will **NOT be offered. Licensed number is required for PSY and RN.