


Cognitive Behavioral Therapy and Relapse Prevention Strategies

Sponsored By:

LA County Department of Public Health, Substance Abuse Prevention and Control (SAPC)
 California Department of Health Care Services
 California Institute for Behavioral Health Solutions
 UCLA Integrated Substance Abuse Programs
 Pacific Southwest Addiction Technology Transfer Center
 Hosted by: L.A. CADA



<p>Date and Time:</p>	<p>Wednesday, July 17, 2019; 9:00am-4:30pm Sign-in will begin at 8:30 a.m. and the training will begin promptly at 9:00 a.m.</p>
<p>Location and Parking Information:</p>	<p>L.A. CADA 5861 Cherry Ave., Suite 300 Long Beach CA 90805 **Parking is available under the building. Street parking is also available.</p>
<p>Who Should Attend:</p>	<p>This six-hour training is free and is open to staff who are interested in learning about CBT strategies to intervene with clients who have substance use disorders.</p> <ul style="list-style-type: none"> • Psychologists • LMFTs and LCSWs • Registered Nurses • Certified Substance Use Disorder Treatment Counselors • Other Behavioral Health Specialists/Clinicians
<p>Training Description and Core Clinical Components:</p>	<p>Cognitive-Behavioral Therapy (CBT) has become a mainstay of evidence-based SUD treatment. 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 in 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.</p> <p>Objectives:</p> <p>At the conclusion of the daylong training, participants will be able to:</p> <ol style="list-style-type: none"> 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 5. Describe how to develop coping strategies for the psychological, social, and behavioral antecedents that often “trigger” a relapse

<p>Trainer:</p>	<p>Andrew S. Kurtz, MA, MFT, UCLA Integrated Substance Abuse Programs</p>
<p>Continuing Education:</p>	<p>The training course 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, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for this program/course and its content. 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 ISAP is also an approved provider of continuing education 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 6.0 contact hours. CE credit will be awarded at the conclusion of the training. CE credit will be awarded at the conclusion of the training. Partial credit will not be available for those participants who arrive late or leave early.</p> <p>Instructions for Filing a Grievance Concerning UCLA ISAP’s Continuing Education Program: Please contact Dr. Thomas E. Freese, CE Program Administrator, in writing (UCLA ISAP, 11075 Santa Monica Boulevard, Suite 200, Los Angeles, CA 90025) or by phone (310-267-5397).</p> 

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Wednesday, July 17, 2019
Registration Form

L.A. CADA
5861 Cherry Ave., Suite 300
Long Beach CA 90805

Seating is limited for this training. Please RSVP to Victoria Norith by **Wednesday, July 10, 2019. 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'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 Brandy Oeser by phone (310) 267-5331 or e-mail (boeser@mednet.ucla.edu) if you have questions, special needs, or need additional information to register for this training.

First and Last Name:		
Position/Title:		
Agency Name:		
Mailing Address:		
City:	State:	Zip Code:
Phone Number:		Fax Number:
E-mail Address:		
Type (s) of continuing education credit needed*:		License or Certification Number**:

***Would you like to be added to the Pacific Southwest ATTC listserv to receive notices about upcoming trainings?** (If this question is left unanswered, you will automatically be subscribed)

Yes

No

Continuing education choices include: **RADT I/II, CADC-CAS, CADC I/II, CADC-CS, LAADC** (CCAPP); **CATC** (ACCBC/CAADE);

CAODC (CADTP); **LMFT, LPCC, LEP, LCSW** (CAMFT), **Psychologists, Nurses**



If you need a disability-related reasonable accommodation/alternative format for this event, please contact Brandy Oeser at (310) 267-5331, boeser@mednet.ucla.edu by July 10, 2019.

Refund/Cancellation Policy: Notice of cancellation must be made at least 72 hours in advance of the training by contacting Victoria Norith by phone (310-267-5408) or email (vnorith@mednet.ucla.edu).