

CATES

California Addiction Training and Education Series

2016

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

Wednesday, May 18, 2016
Santa Barbara Veterans Memorial Building
112 W. Cabrillo Boulevard
Santa Barbara, CA 93101
(Santa Barbara County/Southern California)

Tuesday, June 21, 2016
San Francisco Department of Public Health
25 Van Ness Avenue
San Francisco, CA 94102
(San Francisco County/Bay Area)

Wednesday, June 1, 2016
Fresno Center-UC Merced
550 E. Shaw Avenue
Fresno, CA 93710
(Fresno County/Central California)

Thursday, June 23, 2016
Placer County Office of Education
Seavey Center
655 Menlo Drive
Rocklin, CA 95765
(Placer County/Northern California)

Featured Trainers:

James Peck, PsyD,
Albert Hasson, MSW, and
Andrew Kurtz, LMFT

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)**
- **Santa Barbara County Department of Behavioral Wellness**
- **Fresno County Department of Behavioral Health, Substance Use Disorder Services**
- **San Francisco Department of Public Health**
- **San Francisco Health Network**
- **County of Placer Health and Human Services Adult Systems of Care**



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 demonstrations by the trainer, group discussions and role/real plays designed to enhance participants' comprehension of the content.

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/2016CATES.

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

Registration 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.

Please contact Charlotte Bullen at 310-267-5408 or cbullen@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 also an approved provider of continuing education for LMFTs, LPCCs, LEPs, and LCSWs (CA BBS, #PCE 2001), RADTs I/II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N-00-445-1117), CATCs (ACCBC/CAADE, #CP 20 903 C 0816), and CAODCs (CADTP, #151). Provider approved by the California Board of Registered Nursing, Provider #15455, for six (6) contact hours.

The 2016 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/2016CATES)

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:

Santa Barbara County, May 18

Fresno County, June 1

San Francisco County, June 21

Placer County, June 23

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