

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

Sponsored By:

LA County Department of Public Health, Substance Abuse Prevention and Control (SAPC)
UCLA Integrated Substance Abuse Programs
Pacific Southwest Addiction Technology Transfer Center

Hosted By:

Behavioral Health Services



Date and Time:	Monday, April 18, 2016, 9:00 a.m. – 4:30 p.m. Sign-in will begin at 8:30 a.m. and the training will begin promptly at 9:00 a.m.
Location and Parking Information:	Behavioral Health Services Training Center 15519 Crenshaw Blvd. Gardena, CA 90249 Parking is available in the back (first come, first served) and on the street.
Who Should Attend:	This six-hour training is free and is open to staff who are interested in providing Cognitive Behavioral Therapy and Relapse Prevention, including: <ul style="list-style-type: none"> • Psychologists • LMFTs and LCSWs • Registered Nurses • Certified Substance Use Disorder Treatment Counselors • Other Behavioral Health Specialists/Clinicians • Clinical Supervisors/Clinical Trainers are encouraged to attend, as well, in preparation for future Training of Trainer sessions
Training Description and Core Clinical Components:	The purpose of this skill-building review training is to provide participants with an overview of cognitive behavioral therapy (CBT) and relapse prevention (RP) strategies and resources to encourage the use of these interventions in daily clinical practice. Topics include key principles of classical and operant conditioning and modeling; functional analysis and the five “W’s” of a client’s drug use; triggers and craving; drug-refusing skills; the clinician’s role in CBT; and strategies to schedule and construct a 24-hour behavioral plan.
<u>Prerequisites</u>	**IMPORTANT** In order to attend this in-person training session, you must first complete a pre-requisite online course, even if you have participated in CBT training in the past. Enrollment information for the self-paced, online course is available at: http://psattcelearn.org/courses/laces-cbt/ . After completing the online course, you will be able to register for the training online. Please note: You will not be confirmed to attend this in-person training, nor will you receive a confirmation email, until your online CBT course completion has been confirmed by Destiney Thomas (destineythomas@mednet.ucla.edu).
Learning Objectives:	At the conclusion of the daylong training, participants will be able to: <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 and discuss how to incorporate these critical elements 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.

Continuing Education:



This training meets the qualifications for the provision of six (6.0) continuing education credits/contact hours (CEs/CEHs) for the following disciplines: 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 (6.0) contact hours.

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Monday, April 18, 2016
Registration Form**

Behavioral Health Services
15519 Crenshaw Blvd., Gardena, CA 90249

Seating is limited to 40 participants; to allow the training to be accessible to all interested agencies, a per agency cap may be applied. Please RSVP to Destiney Thomas by **Wednesday, April 13, 2016. To register online, complete the registration form found at <http://psattcelearn.org/courses/laces-cbt/>. To register by e-mail, please complete the bottom portion of this page and send it to destineythomas@mednet.ucla.edu. To register by fax, complete the bottom portion of this page and fax it to Destiney'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 Destiney by phone (310) 267-5398 or e-mail if you have questions, special needs, or need additional information to register for this training.

First and Last Name:		
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**:
Date of online pre-requisite completion:		

*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** (CA BBS); **Psychologist** (APA); and **Registered Nurse** (CA BRN).

**License number is required for participating licensed psychologists and registered nurses.



If you need a disability-related reasonable accommodation/alternative format for this event, please contact Destiney Thomas at (310) 267-5398, destineythomas@mednet.ucla.edu by April 13.