

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

presented by Albert L. Hasson, M.S.W from UCLA

August 25, 2016

9:00 a.m. – 4:30 p.m. (1 hour lunch)

Registration begins ½ hour prior to start and doors close promptly at the start of training

Azusa Pacific University, San Bernardino  
Campus  
375 W. Hospitality Lane,  
San Bernardino, CA 92408

## Learning Objectives

- Discuss key principles of classical and operant conditioning, social learning theory, and behavioral modeling.
- Describe how these key principles form the foundation of cognitive behavioral therapy (CBT) and relapse prevention (RP).
- Describe how to utilize these approaches in the treatment of substance use disorders.
- Define the 5 W's of a client's drug use and demonstrate how to conduct a relapse analysis..

## To Register:

Log on to Relias:

<http://dbh.training.reliaslearning.com>

If you need assistance with registration, please call (800) 722-9866 or email [training@dbh.sbcounty.gov](mailto:training@dbh.sbcounty.gov)

## Continuing Education

### CAMFT:

San Bernardino County Department of Behavioral Health is a CAMFT Approved CE Provider #84541. This course meets the qualifications for **6** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

### CBRN:

County of San Bernardino Department of Behavioral Health provider, approved by the California Board of Registered Nursing, Provider # CEP-15400, for **6** contact hours.

CAADE: County of San Bernardino: Department of Behavioral Health, provider approved by CAADE, Provider Number CP10 872 C 0712 for **6** CEHs.;

“For further information, questions or concerns regarding Continuing Education for this course, please call (800) 722-9866 or email [dbhtraining@dbh.sbcounty.gov](mailto:dbhtraining@dbh.sbcounty.gov).”

### **There are no costs for CEs**

**Note: Participation for the entire class period is required to qualify for continuing education credit, no partial credit will be awarded. Breaks and lunches are not eligible for CE credit. CE Credit is only awarded for actual attendance time. Course Completion Certificates will be available in Relias in 10 business days.**

**Please note, no large purses, large bags or backpacks will be allowed on the Azusa Pacific Campus. You must carry laptops, cellphones and ID badge in your hand as you enter the building.**

**All participants attending this training must be in accordance with DBH Dress Code Policy.**

Clinical and ADS Staff encouraged to attend



For alternate communication methods please call 800-722-9866

