FIVE MINDFUL STRATEGIES TO REDUCE RELAPSE RISK IN ADDICTED CLIENTS

FRIDAY, APRIL 9TH, 12-2PM

This free training will explore the theory, research and practice of various mindfulness philosophies and interventions as related to relapse prevention in addiction counseling. The focus will be on 5 specific mindfulness-based strategies that clients can use in everyday life as a mediator of relapse craving and triggers.

Learning Objectives
- Learn an operational definition of mindfulness and its usefulness in preventing or reducing relapse in clients with SUDs.
- Conduct a critical review of relapse models and discuss the efficacy of these models.
- Introduce and provide experiential exploration of five mindful strategies to reduce relapse potential.
- Learn how to measure mindfulness and use as a tracking intervention.

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PRE-REGISTRATION IS REQUIRED IN ADVANCE. AFTER REGISTERING, YOU WILL RECEIVE A CONFIRMATION EMAIL CONTAINING THE ZOOM LINK AND PASSWORD. REGISTER THROUGH HTTPS://FORMS.GLE/DHXPX4RAVPRCMLMQA. CONTACT CEEVENTHPC@APPSTATE.EDU OR KAREN CALDWELL AT CALDWELLKAREN@APPSTATE.EDU OR CALL 828-262-6045 FOR MORE INFORMATION.

*PARTICIPANTS HAVING ANY LEARNING OR PHYSICAL SPECIAL NEEDS SHOULD CONTACT THE ADMINISTRATOR AT LEAST 2 WEEKS PRIOR TO THE INSTITUTE SO THAT ACCOMMODATIONS CAN BE MADE.

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