

FIVE MINDFUL STRATEGIES TO REDUCE RELAPSE RISK IN ADDICTED CLIENTS

FRIDAY, APRIL 9TH, 12-2PM

*THIS WORKSHOP HAS BEEN APPROVED FOR UP TO **2 CONTACT HOURS SS** BY THE NORTH CAROLINA SUBSTANCE ABUSE PROFESSIONAL PRACTICE BOARD. APPROVAL # 21-281-S.
UP TO **2 NBCC CLOCK HOURS** ARE ALSO AVAILABLE UPON COMPLETION.*

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/DHXPX4RAVPCRMLMQA](https://forms.gle/DHXPX4RAVPCRMLMQA). CONTACT CEUEVENTHPC@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.*

This training was supported by the Health Resources and Services Administration (HRSA) of the U. S. Department of Health and Human Services (HHS) under grant number M01HP31283 titled "Behavioral Health Workforce Education and Training (BHWET) Program" as part of an award totaling \$458,189 with zero percentage funded with non-governmental sources. The contents are Those of the presenter and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U. S. Government.

Appalachian State University - Department of Human Development and Psychological Counseling (HPC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 3001. Programs that do not qualify for NBCC credit are clearly identified. Appalachian State University HPC Department is solely responsible for all aspects of the programs.