



## Mindfulness East Bay

*Finding the space between stimulus and response*

### **MINDFULNESS-BASED RELAPSE PREVENTION – LIVE ONLINE Spring 2021 Course for Health Professionals**

#### Course description

Mindfulness-based Relapse Prevention is an innovative program that offers an alternative to traditional aftercare or 12-step programs for adults in recovery from alcohol, drug, or other substance use and misuse disorders.

MBRP integrates cognitive-behavioral relapse prevention skills and mindfulness meditation practices. Designed to foster increased awareness of the triggers, habitual patterns, and automatic reactions that characterize substance abuse and addiction, these exercises and practices cultivate the ability to pause, observe what's happening in the moment, and choose a healthier, more skillful response.

Developed over a twenty year period by psychologists G. Alan Marlatt, Sarah Bowen, and Neha Chawla of the University of Washington, MBRP is designed for adults in early recovery from problematic alcohol or drug use or other addictive behaviors. It gets to the root of addictive behavior by targeting two of the main predictors of relapse: negative emotions and cravings.

MBRP is an 8-week course. Each session includes a meditation practice as well as a CBT practice -- for example, noticing problematic thoughts as they arise, and writing them down, to increase awareness of triggering thoughts, habitual patterns, and automatic reactions. The emphasis is on practical skills for day-to-day life.

Each session builds on the previous one, so regular attendance is important, and participants are strongly encouraged to do home practice between sessions, which includes listening to guided meditation practices as well as exercises that examine habitual patterns of thinking and behavior.

*The teachings of this course are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients. CE credit is awarded for instructional time only and does not include extended yoga or meditation sessions.*

#### **THE DETAILS**

**When:** Starts Thursday, April 8, 2021, 6 - 8 pm PT, meets same day & time for 8 weeks

**Where:** This class will meet via Zoom videoconferencing, with HIPAA-compliant encryption

**Cost:** \$320, plus an additional \$70 for 14 CE

**Faculty:** Rebecca Stanwyck, LCSW, BCD

Learning objectives: At the end of the MBRP program, participants will be better able to:

1. Describe the essential elements of the state of mindful awareness (“mindfulness”)

2. Compare mindfulness-based relapse prevention to traditional relapse prevention and recovery programs
3. Explain the role that negative thoughts as well as emotional states play in the relapse cycle that is characteristic of addictive disorders
4. List some of the typical triggers and habitual behaviors that activate states of craving that can lead to substance misuse
5. Use simple mindfulness practices to interrupt and disengage from these seemingly automatic mental/behavioral processes
6. Describe how mindful breathing and movement practices lower physiological arousal and reduce stress reactivity
7. Demonstrate an understanding of how regular mindfulness meditation practice improves distress tolerance and stress resilience
8. Utilize more skillful ways of responding rather than reacting to triggering situations, thoughts, and emotions
9. Demonstrate a more compassionate attitude towards self and others
10. Apply mindfulness-based relapse prevention interventions to help clients in clinical settings prevent negative emotions and cravings from triggering relapse

## **14 CE Credits**

### Information on Continuing Education Credit for Health Professionals

*• CE credits for psychologists are provided by the Spiritual Competency Academy (SCA) which is co-sponsoring this program. The Spiritual Competency Academy is approved by the American Psychological Association to sponsor continuing education for psychologists. Spiritual Competency Academy maintains responsibility for this program and its content.*

*• The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association.*

*• LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association.*

*• SCA is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. RNs must retain this document for 4 years after the course concludes.*

*SCA is an approved CE provider for National Board Certified Health and Wellness Coaches (CEP Number 100196)*

*• For questions about enrolling in CE or receiving your Certificate of Attendance, contact Rebecca Stanwyck, LCSW at 510-881-2540 or [rstanwyck@gmail.com](mailto:rstanwyck@gmail.com).*

*For other questions about CE contact David Lukoff, PhD at [CE@spiritualcompetency.com](mailto:CE@spiritualcompetency.com).*