

**COURSE SYLLABUS
RELAPSE PREVENTION
ADDICTIONS-406**

INSTRUCTOR: Dr. George Gonzalez, Ph.D., BCCP,BCAC

COURSE NUMBER AND TITLE:

RELAPSE PREVENTION-406

COURSE (CATALOG) DESCRIPTION:

Relapse refers to the return o symptomatic behaviors after a period of symptom remission and is the most widely noted outcome following treatment for psychological and substance abuse disorders.

MAJOR COURSE OUTCOMES:

This course consists of the following rations:

- A. Discusses best practices based on evidence-based research.
- B. Applies to a wide variety of disorders, patient populations, and treatment settings.
- C. Provides step-by-step techniques and strategies for clinical practice
- D. Includes case examples to better illustrate techniques and outcomes.

READING MATERIAL FOR COURSE:

All reading will come from the reference book for this course. Reference book information can be found under required text and materials.

LEARNING COURSE OBJECTIVES:

- **Read all assigned readings.**
- **Participate if need be with questions.**
- **Complete assigned exercises and papers and exams.**

MAJOR COURSE LECTURE, TOPICS DESCRIPTION/REQUIRED/RECOMMENDED READINGS/ELECTRONIC RESOURCES TO VIEW:

| Week | Topic/Lecture/Event | Required/Recommended Readings/Electronic Resources to View |
|------|---|--|
| 1 | Overview of Relapse Prevention | Read: Pages:3-14 |
| 2 | High-Risk Situations: Relapse as a Dynamic Process | Read: Pages:19-31 |
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| 3 | Relapse Prevention: Clinical Strategies for Substance Use Disorders | Read: Pages:37-60 |
| 4 | Mindfulness-Based Cognitive Therapy as a Relapse Prevention Approach to Depression | Read: Pages:73-87 |
| 5 | Relapse Prevention for Return of Pathological Worry of CBT-Treated GAD | Read: Pages:91-115 |
| 6 | Relapse Prevention for Schizophrenia | Read: Pages:117-139 |
| 7 | Seeking Safety: An Evidence-Based Model for Substance Abuse and Trauma/PTSD | Read: Pages:141-164 |
| 8 | Relapse Prevention for Eating Disorders | Read: Pages:169-186 |
| 9 | Stopping Self-Harm Once and for all Relapse Prevention in Dialectical Behavior Therapy | Read: Pages:191-210 |
| 10 | Treatment of Sexual Offenders: Relapse Prevention and Beyond | Read: Pages:215-231 |
| | | |
| 11 | Focus on Families: Integration of Relapse Prevention and Child Drug Abuse..... | Read: Pages:237-257 |
| 13 | Relapse Prevention with Hispanic and other Racial...read the following chapters:13,14,15 and 16 | Read: Pages:259-331 |
| 14 | Final Exam | Overview of all Chapters |

REQUIRED TEXT AND MATERIALS:

Authors:Witkiewitz, Katie and Marlatt, Alan G.,Book: Therapist's Guide to Evidence-Based Relapse Prevention, Academic Press, ISBN#:13:978-0-12-369429-4

GRADING SCALE:

90-100 – A

81-90 – B

71-80 – C

Below 70- Failed

GRADING CRITERIA:

***THE STUDENT IS TO DO A FIVE PAGE SUMMARY FOR EACH OF THE CHAPTERS, FOR A GRADE. THESE ASSIGNMENTS ARE TO BE DONE (PDF) AND E-MAILED AS AN ATTACHMENT TO THE INSTRUCTOR'S E-MAIL ADDRESS:**

gonzalezcollege@gmail.com

DEPARTMENT PARTICIPATION POLICY:

The student is encouraged to communicate with the instructor via e-mail:

gonzalezcollege@gmail.com