

Integrating Motivational Enhancement Therapy, Cognitive Therapy, and Relapse Prevention: Top 22 Techniques for Success

Motivational Enhancement Therapies have demonstrated success in helping people to change. Cognitive Therapy is a recognized treatment approach for persons with emotional disorders such as depression, anxiety disorders, phobias, trauma, severe and persistent mental illnesses. It is also proven effective as part of the treatment of alcohol and substance use problems or eating disorders. Relapse Prevention Strategies, are necessary to help individuals from sliding back into their disease or problem behaviors. Advances in evidenced-based practices have demonstrated the need for increased skill building by mental health professionals to enhance their daily practice.

This highly interactive and energizing seminar focuses on increasing and practicing your skills in using the top 22 techniques of Motivational Enhancement Therapy, Cognitive Therapy, and Relapse Prevention Strategies to achieve positive results. The techniques demonstrated and practiced during this workshop will help you work with the client resolve current problems and learn specific skills that they can use for the rest of their lives. These skills involve identifying distorted thinking, modifying beliefs, relating to others in different ways, and changing behaviors.

For the mental health and substance abuse professional, this workshop teaches you the specific skills you need, along with practical application and practice during the workshop. You will leave this workshop with techniques you can use tomorrow in your clinical practice!

Course Objectives:

Participants who complete this course will be able to:

1. identify 4 client-appropriate engagement techniques
2. identify 4 stage specific interventions using Stages of Change framework
3. identify 3 methods for “rolling with resistance”
4. list 3 ways of identifying change talk
5. identify 5 basic concepts and techniques of Cognitive Therapy
6. identify 3 methods of bringing these techniques into their clinical practice
7. write a collaborative relapse prevention plan with a client

Outline:

What is Motivational Enhancement Therapy?

- Spirit of Motivational Interviewing
- Express Empathy
- Develop Discrepancy
- Avoid Argumentation
- Roll with Resistance
- Support Self-Efficacy
- Motivational approaches
- Hearing and understanding Change Talk
- Keeping your “OARS” in the water

What is Cognitive Therapy?

- CT approaches
- CT Principles
- Techniques for exploring client thinking
- Techniques for testing client thoughts
- Techniques for using thought records
- Techniques for identifying triggering situations and responding to them

What is Relapse Prevention?

- Specific Relapse Strategies
- Identifying Triggers and High Risk Situations
- Helping the Client to Design a Relapse Prevention Plan
- Designing a Relapse Crisis Plan
- Coping with Living a Different Life

Integrating the Approaches

- Ways that you can integrate these concepts into your clinical practice
- Understand potential obstacles for doing this
- Potential methods for overcoming these obstacles

Learning Materials:

The instructor will supply handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the main learning activities along with the extensive use of small group activities. A short post-test will also be used to measure learning.

Assignments:

Participants are expected to actively engage in dialogue with the instructors and other participants during interactive segments of the course.

Evaluation:

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.