

Relapse Prevention (OCN Level 3):

3 day course, plus homework assignments to be completed outside class time (Approx 12-15 hours of work)

Who is it for?

Preventing relapse or working with lapse and relapse are part of the core work of drug and alcohol workers. Therefore, this course is suitable for drug / alcohol workers who wish to improve their practice and gain accreditation in this area. This is advanced level training suitable for workers who are already competent in using a range of verbal and non-verbal counselling skills and in developing warm and empathic relationships with drug / alcohol using clients.

In addition, the course will provide an opportunity to refresh skills for building therapeutic alliance with clients and the cycle of change model.

Course Content:

Participants will have the opportunity to:

- Understand explanations for lapse and relapse
- Understand the needs of the client in action, maintenance and relapse stages
- Apply Marlatt and Gordon's model of lapse and relapse
- Write care plans for preventing relapse
- Understand the role of social-structural factors in sustaining change
- Support clients in the maintenance and relapse stages
- Apply learning from this unit to practice with substance using clients

Prior Learning Requirements:

It is essential that you have successfully completed drugs awareness OCN level 2/3 and counselling skills OCN level 2. You will also have a good understanding of the Cycle of Change model.

DANOS mapping:

Attendance at this course contributes to the underpinning knowledge for DANOS Units:

HSC33 Reflect on and develop your practice

AI1 Counsel individuals about their substance use using recognised theoretical models

AI2: Help individuals address their substance use through an action plan