



# Training in Relapse Management for Health, Community and Education Professionals

We offer a range of training packages from two hours to half-a-day, through to our more extensive one day training.

All our training programs can be tailored to suit the particular organisation, setting, time constraints and needs of the workplace – shorter sessions can also be delivered upon request. Please see below for further details.

## ***Two Hours Relapse Management Training Outline***

If you work in an organisation where you are pressed for time and are not able to offer extended support, then our two hour program is ideal for you.

The two hour training program provides participants with information on:

- understanding relapse
- helping clients/young people to learn from relapse
- supporting clients/young people with a tailored plan to help sustain their new behaviour

In this training, we provide you with background information to help support your work in relapse prevention.

## ***Half Day Relapse Management Training Outline (3.5hrs)***

If you work in an organisation where you are able to offer a little more support to your clients/young people, and would like to increase your knowledge and skills to enable you to do this, then our half day program is ideal for you.

The half day training program provides participants with information on:

- understanding relapse and exploring the client's/young person's triggers for relapse
- helping clients/young people to learn from relapse and to not see themselves as 'failures'
- supporting clients/young people with a tailored plan to help sustain their new behaviour
- highlighting the support services available to clients/young people for further help

In this program, we provide you with more background information to support your work with the use of a tailored plan suited to your client's/young person's needs, helping to identify their triggers and helping them manage relapse more effectively.

## ***One Day Relapse Management Training Outline (9am – 4pm)***

If you would like to increase your confidence, knowledge and skills to enable you to provide your clients/young people with more extended support, then our one day program is ideal for you.

The one day training program provides participants with information on:

- understanding relapse and exploring the client's/young person's cues for relapse
- helping clients/young people to learn from relapse and to not see themselves as 'failures'
- providing clients/young people with practical coping strategies to help them sustain their new behaviour in both the short and long term
- supporting clients/young people with a tailored relapse prevention plan that identifies their triggers and anticipated high risk situations, and possible solutions to help them stand firm when experiencing cravings
- encouraging clients/young people to identify their accomplishments along the way, helping to increase their self-efficacy in their ability to cope with current and future challenging situations
- encouraging rewards as an important reinforcement for clients/young people successfully maintaining their new behaviour change
- highlighting the support services available for clients/young people to access

In this one day program, we provide you with detailed information to support your relapse prevention work with clients/young people. This includes helping clients/young people to identify their triggers and to see relapse as an opportunity for growth rather than 'failure'.

We highlight the relapse prevention plan including the use of practical, appropriate and realistic strategies to help clients/young people deal with their urges.

We explore the importance of acknowledging the client's/young person's achievements, no matter how small or big, building self-confidence and the use of rewards to help reinforce their new behaviour.

We provide many opportunities in the one day program for reflection and review, with non-threatening group activities incorporated throughout the day.

### ***Interested and would like a quote?***

For a free, no obligation quote on one, or all our training programs, please [contact us](#).

### ***Two Day Training?***

For the moment, the only training we offer over two days is our Smoking Cessation training. If you would like relapse management presented over two days, [please get in touch with us](#).

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