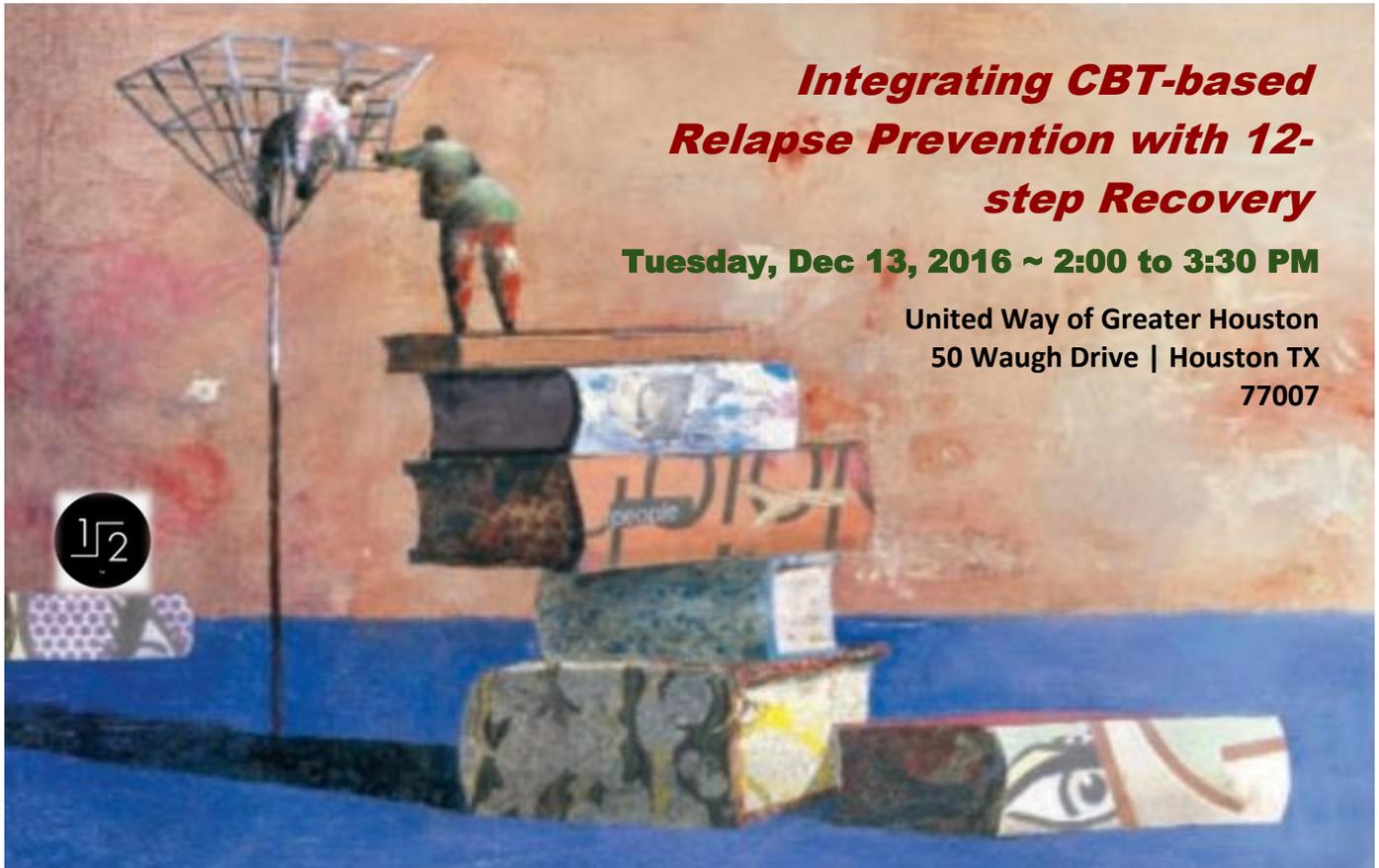


The Coalition of Behavioral Health Services proudly presents . . .



***Integrating CBT-based
Relapse Prevention with 12-
step Recovery***

Tuesday, Dec 13, 2016 ~ 2:00 to 3:30 PM

**United Way of Greater Houston
50 Waugh Drive | Houston TX
77007**

Our Presenter ~ Andrew Krieger LCSW LCDC. Andrew Krieger began working in the chemical dependency treatment field in 1992 as a Counselor at Parkside Lodge in Katy, TX. Mr. Krieger has also held clinical positions at some of the top treatment programs in the city, including West Oaks Hospital and The Right Step. He received his Master's in Clinical Social Work and Business from The University of Houston in 1999, and completed clinical internships at The Methodist Hospital and Baylor College of Medicine. Mr. Krieger is a consultant and private practice psychotherapist at Contemporary Medicine Associates, specializing in finding effective solutions for substance abuse related issues; psychotherapy with people active in 12 step recovery; reduction of symptoms associated with depression; overcoming anxiety; improved relationship dynamics.

The Program. Mr. Krieger will provide a summary of the key elements of CBT relapse prevention and “recovery trigger” techniques for application in individual or group sessions, and a detailed discussion on how to integrate this approach with traditional 12 step, abstinence-based treatment. At the end of this session, learners will be able to (1) list at least 3 examples of common cognitive distortions that lead to negative emotions, (2) explore the prospects of looking at recovery triggers as an alternative to focus on relapse triggers, (3) map the relapse/recovery process and identify 2 or more intervention techniques to disrupt (relapse) and/or encourage (recovery), and (4) demonstrate a basic understanding of the theoretical and conceptual issues underlying the Cognitive Behavioral therapy model.

Refreshments provided by . . .



san marcos treatment center

**“The greatest weapon against stress is our ability
to choose one thought over another.”**

—William James