

Title IV-E Collaborative Presents

Mindfulness Based Relapse Prevention

Jennifer Baity, LCSW

Friday June 15, 2018

1:00 PM to 4:00 PM

Registration 12:30 PM

West Valley Campbell Community Center
One West Campbell Avenue, Campbell, CA
Room J69

JENNIFER BAITY, LCSW, a licensed clinical social worker, currently works as a Co-Occurring Disorders Specialist at the San Francisco Behavioral Health Center at San Francisco General Hospital. She provides individual, group, and family treatment for adults with serious and persistent mental illness who also have substance use histories; provides staff and intern supervision and training; and co-developed the co-occurring disorders (dual diagnosis) program at SFBHC. Since 1991 she has provided in-depth training to clinicians providing services to youth and adults. She specializes in diagnosis and treatment of individuals with co-occurring mental health and substance use conditions and motivational interviewing.

This three-hour class offers an overview of this popular and effective technique for people overcoming Substance Use Disorders. MBRP curriculums integrate various mindfulness meditation practices with cognitive-behavioral strategies to support clients' recovery. The MBRP skills help participants learn to recognize and stay with discomfort (physical, cognitive and emotional) as opposed to reactively reaching for a "fix." Combining mindfulness and relapse prevention brings heightened awareness of both internal and external triggers, while promoting important recovery lifestyle modifications. This class will offer experiential exercises as well as didactic material and class discussion.

This course qualifies for 3 hours of continuing education. Continuing education (CE) hours are available to maintain the following licenses with the Board of Behavioral Sciences (BBS): Marriage and Family Therapists, Licensed Clinical Social Workers, Licensed Educational Psychologists, and Licensed Professional Clinical Counselors.

West Valley College is an accredited post-secondary institution and is recognized by the BBS as an approved continuing education provider. The college is accredited by the Accrediting Commission for Community and Junior Colleges of the Western Association of Schools and Colleges pursuant to Section 1887.4.3

Eligible County Employees



For questions contact Staff Development & Training
at Rianna.Garcia01@ssa.sccgov.org

* Must obtain Supervisor approval prior
to registering*

Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

If you have questions please email us at:

T4e.collaborative@gmail.com