

# Staying Sober:

## Encouraging Relapse Prevention with Veterans

**February 10**  
**10:00am - 1:30pm**

Eastern Standard Time (EST)

### VIRTUAL WEBINAR

Veterans who struggle with addiction face many challenges in finding adjustments to the civilian work/life balance. They find it challenging to manage the recovery process and implement the right skills to stay sober without turning to drugs or alcohol. There are many different treatments used to treat addiction. This course will look at key elements that provide clear direction on how to treat substance use and PTSD among veterans. Counselors will learn how to naturally incorporate daily common practices such as exercise and yoga into their sessions. The course will show you how to encourage and maintain sobriety to prevent relapse.

#### Objectives

- Explore the balance of treating co-occurring illnesses with substance use as the primary diagnosis.
- Explore CBT techniques commonly used with veterans to identify risky behaviors and encourage relapse prevention
- Explore stress management techniques that can be utilized during sessions with veterans that will support relapse prevention strategies.



**3** CE  
 HOURS  
 APPLIED

PRESENTED BY  
**Shannon Battle, LCMHS, LCAS**

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Contact	<b>Brandy McCool</b> 660-216-8376 <a href="mailto:brandym@summitbhc.com">brandym@summitbhc.com</a>
Registration Fee	Selected Donations To Benefit <b>Horses For Veterans</b> <i>A non-profit organization offering healing through equine experiences for veterans and first responders.</i>

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