UMKC School of Nursing and Health Studies

Mindfulness-Based Relapse Prevention Toolkit
E-Learning Course

Overview

This 1.5 hour self-paced course introduces the learner to core intentions and practices of Mindfulness-Based Relapse Prevention (MBRP), including enhanced awareness of triggers, cravings, habitual patterns, and automatic reactions. This cultivates the capacity to pause, observe present-moment experience with openness and curiosity, and respond with greater flexibility and choice. The course also invites direct experiences wherein the learner may engage in behavioral practice of MBRP exercises and techniques to facilitate and develop one's own authentic personal practice. Written and presented by Neha Chawla, PhD, and Joel Grow, PhD, co-developers of the Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide (2nd Ed), published by Guilford Press. Development sponsored by the Northwest Addiction Technology Transfer Center.

Successful Completion

This course offers up to 1.5 contact hours for participants. To receive contact hours, participants must submit a completed evaluation and request for credit form and complete the course with a satisfactory grade of 80% or higher on quiz. NAADAC Certificates, as well as Non-CE Certificates of Completion, are available immediately for electronic download upon satisfactory completion of the course.

Objectives

By the end of the course, participants will be able to:

- Identify as a core intention of MBRP the use of enhanced awareness of triggers, cravings, habitual patterns and automatic reactions to assess and improve the quality of addiction care within your therapeutic practice or organization.
- Cultivate as a core practice of MBRP the capacity to pause, observe present-moment experience with openness and curiosity, and respond with greater flexibility and choice to assess and improve the quality of addiction care within your therapeutic practice or organization.
- Engage in behavioral practice of core MBRP intentions and practices as direct experience to promote one's own personal MBRP practice as a model to facilitate that for clients to improve the quality of addition care within your therapeutic practice or organization.

Disclaimer

Opinions expressed herein are the views of the contributors and do not reflect the official position of the University of Missouri-Kansas City School of Nursing and Health Studies (UMKC-SoNHS). No official support or endorsement by UMKC-SoNHS is intended or should be inferred.

Commercial Support – There is no commercial support for this program.

NAADAC Accreditation Statement:

This course has been approved by the University of Missouri-Kansas City School of Nursing and Health Studies (UMKC SoNHS) as a NAADAC Approved Education Provider, for 1.5 CE(s). NAADAC Provider #64973, UMKC School of Nursing and Health Studies, is responsible for all aspects of its programming.

Enduring Materials – Contact hours will be awarded for this program through October 31, 2027.

Contact Angela Bolen at bolena@umkc.edu or 816-235-6611 if you have questions regarding continuing education credit.