



Need Therapy Help?

Call 1-800-679-5536

# RELAPSE ADDICTION PREVENTION THERAPY PROGRAM



**Toronto | Mississauga | Orangeville**



**Web:** [www.aercs.ca](http://www.aercs.ca)  
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# INTRODUCTION

Relapse prevention therapy (RPT) is treatment designed to help individuals who have experienced addictive behaviors or problematic habits. The exercises support a regime designed to maintain recovery and prevent relapses. Relapse prevention therapy is commonly used in the treatment of substance abuse but can also be applied to other behavioral addictions or mental health conditions.



The primary goal of relapse prevention therapy is to identify and address the factors that contribute to relapse and to develop effective coping strategies to deal with those triggers. The therapy typically involves learning new skills, enhancing self-awareness, and implementing practical techniques to manage cravings, stress, and other high-risk situations.



# THE PROGRAM

<b>Session 1</b>	<ul style="list-style-type: none"><li>• Initial assessment.</li></ul>
<b>Session 2: Introduction to Relapse Prevention</b>	<ul style="list-style-type: none"><li>• Overview of the program and its objectives.</li><li>• Explanation of relapse and its warning signs.</li><li>• Discussion of factors that contribute to relapse.</li><li>• Introduction of coping skills and strategies to prevent relapse.</li></ul>
<b>Session 3: Identifying High Risk Situations</b>	<ul style="list-style-type: none"><li>• Discussion of specific situations that can trigger cravings or lead to relapse.</li><li>• Identification of personal high-risk situations.</li><li>• Practice of coping skills to handle these situations.</li></ul>
<b>Session 4: Understanding Triggers</b>	<ul style="list-style-type: none"><li>• Explanation of what triggers are and how they can lead to relapse.</li><li>• Identification of personal triggers.</li><li>• Practice of coping skills to manage triggers.</li></ul>
<b>Session 5: Building a Support System</b>	<ul style="list-style-type: none"><li>• Discussion of the importance of having a supportive network.</li><li>• Identification of individuals who can provide support.</li><li>• Practice of communication and assertiveness skills to ask for help.</li></ul>
<b>Session 6: Understanding and Managing Emotions</b>	<ul style="list-style-type: none"><li>• Explanation of how emotions can affect relapse.</li><li>• Identification of personal emotional triggers.</li><li>• Practice of coping skills to manage emotions.</li></ul>



<b>Session 7: Developing Self-Care Strategies</b>	<ul style="list-style-type: none"><li>• Discussion of the importance of self-care in preventing relapse.</li><li>• Identification of personal self-care activities.</li><li>• Practice of self-care strategies.</li></ul>
<b>Session 8: Cognitive Behavioral Therapy (CBT)</b>	<ul style="list-style-type: none"><li>• Explanation of CBT and how it can be used to prevent relapse.</li><li>• Identification of negative thoughts and beliefs that contribute to relapse.</li><li>• Practice of cognitive restructuring techniques.</li></ul>
<b>Session 9: Assertiveness Training / Setting Boundaries</b>	<ul style="list-style-type: none"><li>• Explanation of assertiveness and its importance in preventing relapse.</li><li>• Practice of assertiveness skills such as saying no, making requests, and setting boundaries.</li></ul>
<b>Session 10: Goal Setting and Planning for the Future</b>	<ul style="list-style-type: none"><li>• Discussion of setting goals for the future.</li><li>• Identification of personal goals and steps to achieve them.</li><li>• Practice of planning skills.</li></ul>
<b>Session 11: Managing Relapse</b>	<ul style="list-style-type: none"><li>• Explanation of how to manage a relapse if it occurs.</li><li>• Identification of warning signs and coping strategies to prevent further relapse.</li></ul>
<b>Session 12: Review and Summary</b>	<ul style="list-style-type: none"><li>• Review of the program and its content.</li><li>• Discussion of progress made and future plans.</li><li>• Opportunity for feedback and evaluation.</li></ul>

# SCHEDULE AN APPOINTMENT

For additional information, or to begin the process of therapy at AERCS, please contact us to book a complementary 20 minute phone call consultation.



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