



Gorski-CENAPS Certification Training Programs - Short Descriptions

Please Note - Attendance in a Gorski-CENAPS Certification Training **does not require** participants to become a Certified Specialist. However, to become a credentialed Gorski-CENAPS Specialist, participants must complete the Competency Certification Portfolio.

3-Day Relapse Prevention Counseling (RPC) Certification training - 20 CEUs

The Relapse Prevention Counseling (RPC) Certification Training is designed to teach skills for the identification and management of high-risk situations that can cause relapse in early recovery before a stable recovery program has been established. This clinical skills training is based upon a standard RPC Treatment Plan for managing high-risk situations using cognitive-behavioral therapy procedures and is fully compatible with sobriety-based treatment and Twelve Step Principles. Each step of the standard treatment plan is explained, demonstrated, and practiced either in-group or in individual therapy formats with plenty of opportunities for personalized discussion and feedback.

3-Day Denial Management Counseling (DMC) Certification training - 20 CEUs

The Denial Management Counseling (DMC) Certification training instructs clinicians/counselors on the methods they can teach clients to identify and manage the denial patterns they use that prevent them from getting help for their substance use disorder. This includes the Denial Management Interaction Process, Denial Pattern Identification and Management, Presenting Problems and Denial, Brief Life and Addiction History Denial, Addiction Symptom Review, and Self-Evaluation Skills.

5-Day Advanced Relapse Prevention Therapy (RPT) Certification Training - 44 CEUs

Terry Gorski developed the Advanced RPT Certification Training for clinicians to better address the relapse process and increase support for their relapse prone patients. Ranked among the most comprehensive and effective trainings for behavioral health professionals, RPT is for those who wish to advance their clinical skills through a proven, evidenced-based approach. Training participants will utilize their current skills and integrate them with powerful techniques to help their clients identify and manage high risk situations as well as core personality and life-style warning sign patterns that lead to the re-occurrence of alcohol and other drug use in the critical early stages of the recovery process.

Training methods

Our Certification Trainings all include all are instructor-led and are comprised of various methods, with most time requiring participants to be actively engaged. Methods include:

1. **Brief Lectures:** Used in most sessions to explain the clinical processes and give examples.
2. **Clinical Demonstrations:** All clinical procedures will be demonstrated including instructor-led formal role play demonstration at the front of the room and impromptu role play demonstrations where the instructor briefly works with a student in the audience.
3. **Small Group Exercises:** Used and designed to help participants adapt to the clinical procedures for use in group therapy. Although our certification trainings are not primarily directed at teaching group therapy skills, most participants report a significant improvement in their ability to run groups.
4. **Role Play Experiences:** Participants will practice and receive feedback on key exercises.

Large Group Discussions: Most sessions will include time for questions, answers, and moderated large group discussions. Some sessions may include large group exercises.