



Alpine Springs Counseling, PC

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RELAPSE PREVENTION LIFE SKILLS (Life Works)

By Narda Reigel, CAS, NCAC1

Group Time: Thursday's 5:00 pm to 6:30 pm

Format: Online via Zoom

Cost: \$45 per session

What is Relapse Prevention Life Skills?

Relapse Prevention Life Skills is a 12 week program approved for Recovery Court, DUI 4+, DV Second Contact, and other court ordered treatment. Relapse Prevention Life Skills is a cognitive behavioral treatment, evidence informed model that utilizes strength based positive psychology tenants. Relapse Prevention Life Skills is designed to support clients in their journey to wholeness including pro-social, low risk choices. The ultimate goal being a sustainable, intentional, positive lifestyle utilizing personal accountability, resilience, and emotional intelligence.

Relapse Prevention Life Skills:

The Journey to Wholeness - HOW DOES YOUR LIFE WORK?

TOPICS INCLUDE:

Values, Boundaries, Morals, and Ethics

Fixed Mindset vs. Growth Mindset

Communication Skills

Focus and Self-Control

Healthy Relationships

Social Skills - Making Connections

Health & Wellness

Emotional Management

Finances

Career Planning

Goal Setting

Community

Additional Topics as needs arise