

Despite decades of controversy, Twelve-Step Facilitation was finally added to the (now-defunct) NREPP catalog of Evidence-Based Practices in 2008. Still, many clinicians are ambivalent about using it in treatment. However, a deeper examination of the Steps reveals numerous components of other EBPs including Motivational Interviewing, CBT/DBT, contingency management and Acceptance & Commitment Therapy. Furthermore, a slightly different emphasis in the reading of the Steps can lead to greater acceptance and less resistance on the part of patients.

On completion of the workshop, participants will be able to:

1. Identify principles of at least 3 evidence-based practices which are inherent in the 12 Steps;
2. Verbalize how a slightly different emphasis in understanding the Steps can decrease patient resistance and increase acceptance of core concepts of the Steps; and
3. Be able to utilize these concepts in their own practice with worksheets

The **STEMSS® Training Institute**, has been providing quality, evidence-based training for behavioral health clinicians and consult-ation for treatment agencies since 1984. As a NAADAC Approved Education Provider (# 176230), we are able to provide focused training and Continuing Education that is widely accepted for certification and license renewal by most State and Tribal governments.

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ANNOUNCING:

**2021 Fifth Friday
Seminar Series**

Friday April 30th 2021

3pm EDT - 2pm CDT - 1pm MDT - 12pm PDT - 11am AK

***Back to Basics All Over Again:
Elements of Evidence-Based
Practices "Baked Into"
the 12 Steps***

1.5 CE hours \$25.00

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