



Mindfulness-Based Interventions for Co-Occurring Mental Health and Alcohol/ Other Substance Use Disorders

Trainer: Stephanie Steinman, PhD CSAC

Training Description:

Co-occurring mental health and substance use disorders represent a major global public health concern. Often, these disorders are treated separately in different clinics. However, this increases the likelihood that patients will not follow through on one aspect of their treatment. Mindfulness-based interventions are an evidenced-based approach for both substance use disorders and mental health concerns. Mindfulness interventions target key neurobiological processes and thereby change cognitions and behavior. This training will give providers tools to treat co-occurring mental health and substance-use disorders. Participants will learn the foundation of mindfulness and mechanisms by which mindfulness influences health. Mindfulness strategies will be practiced and many different options will be provided for those patients who say “I can’t meditate.”

Fee: \$35 (members); \$135 (partial & nonmembers)

6.0 Continuing Education Hours

Training will be offered virtually via Blackboard Collaborate Ultra

January 21, 2021, 9:00am to 12:00pm

January 22, 2021, 9:00am to 12:00pm

Register:

<https://www.uwgb.edu/behavioral-health-training-partnership/training/special-skills-and-topics/>