

Quieting the Hungry Ghost:

Mindful Relapse Prevention for Maintaining Healthy Habits

with Richard Fields, Ph.D.

November 1 Learning Objectives:

1. Defining relapse, and relapse prevention,
2. Identifying and developing a plan to address the major causes of relapse,
3. Creating tools to reduce stress and reactivity using mindfulness, compassion, and meditation skills,
4. Practicing and implementing relapse prevention skills and tools for maintaining healthy habits.

Presenter:

Richard Fields, Ph.D. has over thirty-five years of experience in developing educational conferences and workshops.

He served as the Assistant Director of the National Institute on Drug Abuse's (NIDA) Western Regional Training Center – providing training to alcohol/drug counselors in the eleven Western states.

Dr. Fields has over thirty years of experience in outpatient counseling, specializing in alcohol/drug recovery, and relapse prevention. He is the author of the college textbook, *Drugs in Perspective*, 9th Edition, McGraw Hill, 2016.

He is the director and founder of FACES Conferences, Inc., providing continuing education for mental health professionals.