

Course Information Sheet

Coping Skills and Substances (0.5 education hour)

Course Description: This course explores the relationship between substance use and coping skills. The importance of developing coping skills as a way to manage real and/or perceived adversity will be examined. The idea of developing a "toolbox" of coping skills will be presented, along with a number of handouts that will provide exercises to increase one's coping skills.

Course Objectives:

1. Define coping skills
2. Examine coping skills as "tools"
3. Review resilience as related to coping
4. Prepare the Coping Skills worksheet

Click here to enroll in this course:

<http://substanceeducation.com/moodle-subed/course/view.php?id=35>

