



# **Group Therapy for Substance Use Disorders**

**A Motivational Cognitive-Behavioral Approach**

Linda Carter Sobell and Mark B. Sobell

# Group Therapy For Substance Use Disorders A Motivational Cognitive Behavioral Approach

**Richard K. Ries, David A.  
Fiellin, Shannon C. Miller, Richard Saitz**



## **Group Therapy For Substance Use Disorders A Motivational Cognitive Behavioral Approach:**

**Group Therapy for Substance Use Disorders** Linda Carter Sobell, Mark B. Sobell, 2011-06-22 This authoritative book presents a groundbreaking evidence based approach to conducting therapy groups for persons with substance use disorders. The approach integrates cognitive behavioral motivational interviewing and relapse prevention techniques while capitalizing on the power of group processes. Clinicians are provided with a detailed intervention framework and clear cut strategies for helping clients to set and meet their own treatment goals. More than two dozen ready to use reproducible assessment tools, handouts, homework exercises, and session outlines are supplied in a convenient large size format.

**Group Therapy for Substance Use Disorders** Linda Carter Sobell, Mark B. Sobell, 2011-01-01 This authoritative book presents a groundbreaking evidence based approach to conducting therapy groups for persons with substance use disorders. The approach integrates cognitive behavioral motivational interviewing and relapse prevention techniques while capitalizing on the power of group processes. Clinicians are provided with a detailed intervention framework and clear cut strategies for helping clients to set and meet their own treatment goals. More than two dozen ready to use reproducible assessment tools, handouts, homework exercises, and session outlines are supplied in a convenient large size format. This book will be invaluable to clinical psychologists, social workers, substance abuse counselors, and other clinicians who treat clients with addiction and substance use problems. It may also serve as a supplemental text in graduate level courses.

**Substance Use Disorders** Antoine Douaihy, Dennis C. Daley, 2013-12 Written by experienced clinicians and researchers, this book provides a comprehensive overview of substance use disorders. It integrates evidenced based practices with clinical wisdom of practitioners from several disciplines. Most importantly, this book provides practical strategies to help patients with substance use disorders in a range of treatment settings.

*Cognitive-Behavioral Therapy in Groups* Peter J. Bieling, Randi E. McCabe, Martin M. Antony, 2022-07-07 The leading guide to group based cognitive behavioral therapy (CBT) has now been significantly revised with 70% new material reflecting over 15 years of research and clinical advances. Too often CBT training resources treat groups as simply an extension of individual therapy. Filling an important need, this text helps students and practitioners build essential skills for leveraging group process to optimize outcomes. Featuring sample dialogues, clinical pointers, and troubleshooting tips, the book provides practical answers to group leaders' most pressing questions. Effective protocols for treating specific disorders are presented with a focus on CBT techniques and group process factors unique to each type of group. New to This Edition: Chapters on inpatient groups and mindfulness based CBT; Chapters on additional disorders: posttraumatic stress disorder and borderline personality disorder; Fully rewritten chapters on anxiety disorders, substance use disorders, and psychosis; Discussions of timely topics such as conducting virtual groups and the growth of transdiagnostic approaches. Even more clinician friendly, streamlined chapters highlight what to do when.

**Group Treatment for Substance Abuse** Mary Marden Velasquez, Cathy Crouch, Nanette Stokes Stephens, Carlo C.

DiClemente,2015-11-26 The leading manual on group based treatment of substance use disorders this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change The program helps clients move through the stages of change by building skills for acknowledging a problem deciding to act developing and executing a plan and accomplishing other critical tasks The expert authors provide step by step guidelines for implementing the 35 structured sessions along with strategies for enhancing motivation In a large size format for easy photocopying the volume includes 58 reproducible handouts Purchasers get access to a webpage where they can download and print the reproducible materials New to This Edition Reflects significant developments in research and clinical practice Eight new sessions focusing on the brain and substance use gratitude self control mindfulness acceptance and more Updated discussions of motivational interviewing and the use of cognitive behavioral techniques with groups 41 of the 58 handouts are new or revised all are now downloadable See also Substance Abuse Treatment and the Stages of Change Second Edition by Gerard J Connors et al which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts     **Group Treatment for Substance Abuse, Second Edition** Mary Marden Velasquez,Cathy Crouch,Nanette Stokes Stephens,Carlo C. DiClemente,2015-10-22 The leading manual on group based treatment of

substance use disorders this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change The program helps clients move through the stages of change by building skills for acknowledging a problem deciding to act developing and executing a plan and accomplishing other critical tasks The expert authors provide step by step guidelines for implementing the 35 structured sessions along with strategies for enhancing motivation In a large size format with lay flat binding for easy photocopying the volume includes 58 reproducible handouts Purchasers get access to a Web page where they can download and print the reproducible materials New to This Edition Reflects significant developments in research and clinical practice Eight new sessions focusing on the brain and substance use gratitude self control mindfulness acceptance and more Updated discussions of motivational interviewing and the use of cognitive behavioral techniques with groups 41 of the 58 handouts are new or revised all are now downloadable See also Substance Abuse Treatment and the Stages of Change Second Edition by Gerard J Connors et al which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts     Group Cognitive

Therapy for Addictions Amy Wenzel,Bruce S. Liese,Aaron T. Beck,Dara G. Friedman-Wheeler,2012-07-27 This pragmatic guide from a team of experts including cognitive therapy originator Aaron T Beck describes how to implement proven cognitive and behavioral addiction treatment strategies in a group format It provides a flexible framework for conducting ongoing therapy groups that are open to clients with any addictive behavior problem at any stage of recovery Practical ideas are presented for optimizing group processes and helping clients build essential skills for coping and relapse prevention Grounded in decades of research the book features rich case examples and reproducible clinical tools that can be

downloaded and printed in a convenient 8 1/2 x 11 size      *Substance Abuse During Pregnancy, An Issue of Obstetrics and Gynecology Clinics* Hilary Smith Connery, 2014-06-28 This issue of *Obstetrics and Gynecology Clinics* of North America deals with the timely subject of substance use during pregnancy Alcohol tobacco and illicit drug use is prevalent among reproductive age women Even though a reduction in use often occurs during pregnancy many women continue to use substances until a pregnancy is either actually diagnosed or well underway This issue consists of a well qualified team of obstetricians gynecologists psychiatrists and family physicians focusing on various issues related directly to pregnancies complicated by substance use Topics of interest include epidemiology and screening for hazardous and harmful substance use teratogenic risks psychiatric comorbidities comprehensive treatment approaches before and after delivery fetal surveillance and team based perinatal management Particularly new information relates to prescribing buprenorphine neonatal abstinence syndrome and adolescent substance use      *The ASAM Principles of Addiction Medicine* Shannon C. Miller, Richard N. Rosenthal, Sharon Levy, Andrew J. Saxon, Jeanette M. Tetraault, Sarah E. Wakeman, 2024-02-15 *Principles of Addiction Medicine* 7th ed is a fully reimagined resource integrating the latest advancements and research in addiction treatment Prepared for physicians in internal medicine psychiatry and nearly every medical specialty the 7th edition is the most comprehensive publication in addiction medicine It offers detailed information to help physicians navigate addiction treatment for all patients not just those seeking treatment for SUDs Published by the American Society of Addiction Medicine and edited by Shannon C Miller MD Richard N Rosenthal MD Sharon Levy MD Andrew J Saxon MD Jeanette M Tetraault MD and Sarah E Wakeman MD this edition is a testament to the collective experience and wisdom of 350 medical research and public health experts in the field The exhaustive content now in vibrant full color bridges science and medicine and offers new insights and advancements for evidence based treatment of SUDs This foundational textbook for medical students residents and addiction medicine addiction psychiatry fellows medical librarians and institution also serves as a comprehensive reference for everyday clinical practice and policymaking Physicians mental health practitioners NP PAs or public officials who need reference material to recognize and treat substance use disorders will find this an invaluable addition to their professional libraries      COGNITIVE BEHAVIORAL THERAPY DAVID SANDUA, This book is a comprehensive and accessible exploration of Cognitive Behavioral Therapy CBT one of the most effective forms of psychotherapy available today Through its pages the reader will discover how CBT helps people change negative thought patterns and destructive behaviors to significantly improve their mental health With practical examples case studies and clear explanations the book demonstrates how to apply CBT principles to a variety of psychological problems from anxiety and depression to eating and personality disorders This work is not only a guide for professionals and students of psychology but also for anyone interested in understanding and improving their emotional well being      **The ASAM Principles of Addiction Medicine** Shannon Miller, 2018-11-26 Publisher's Note Products purchased from 3rd Party sellers are not

guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product

Thoroughly updated with the latest international evidence based research and best practices the comprehensive sixth edition of the American Society of Addiction Medicine's ASAM official flagship textbook reviews the science and art behind addiction medicine and provides health care providers with the necessary information to not only properly diagnose and treat their patients but to also serve as change agents to positively impact clinical service design and delivery as well as global health care policy

**The SAGE Encyclopedia of Abnormal and Clinical Psychology** Amy Wenzel, 2017-03-16 Abnormal and clinical psychology courses are offered in psychology programs at universities worldwide but the most recent major encyclopedia on the topic was published many years ago Although general psychology handbooks and encyclopedias include essays on abnormal and clinical psychology such works do not provide students with an accessible reference for understanding the full scope of the field The SAGE Encyclopedia of Abnormal and Clinical Psychology a 7 volume A Z work print and electronic formats is such an authoritative work Its more than 1 400 entries provide information on fundamental approaches and theories various mental health disorders assessment tools and psychotherapeutic interventions and the social legal and cultural frameworks that have contributed to debates in abnormal and clinical psychology Key features include 1 400 signed articles contained in 7 volumes and available in choice of print and or electronic formats Although organized A to Z front matter includes a Reader's Guide grouping related entries thematically Back matter includes a Chronology Resource Guide Bibliography and detailed Index Entries conclude with References Further Readings and Cross References to related entries The Index Reader's Guide themes and Cross References between and among entries all combine to provide robust search and browse features in the electronic version

**Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition** Kathleen Wheeler, 2013-12-11 Dr Wheeler has skillfully crafted a text that covers basic psychiatric principles and skills from developing a therapeutic relationship and assessing and diagnosing the client to providing evidence based psychotherapy for a variety of patient populations This text is an excellent primer for teaching therapy skills and although targeting graduate psychiatric nursing students would prove equally valuable for students of any mental health discipline It is also a resource for experienced clinicians wanting to expand their understanding of trauma and how adaptive information processing might be used as an organizing framework for all psychotherapy Linda Mabey Journal of EMDR Practice and Research

**DESCRIPTION** This is a how to compendium of evidence based approaches to practicing psychotherapy for both the experienced and neophyte advanced practice psychiatric nurse This book integrates neuroscience with relationship science and unites disparate psychotherapeutic approaches into a model that is concise and straightforward yet sufficiently comprehensive to provide a framework for practice The most useful therapeutic models are highlighted with principles and techniques of treatment for nurse psychotherapists and those with prescriptive authority This second edition expands the award winning first edition providing guidelines forms and case

studies to assist APPNs in deciding which treatment to use based on psychotherapy outcome studies and practice guidelines  
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Reviews 4 Star Doody Review Lays out a holistic paradigm for advanced psychiatric nursing APN practice by drawing upon a  
neuroscience of information processing human development attachment theory and trauma and explains the essentials of  
psychotherapy by melding principles underlying the therapeutic alliance adaptive information processing AIP change and a  
hierarchically arranged treatment format that fosters healing through the resolution of dysfunctional memory this important  
text holds true to the historical basis for psychiatric nursing being organized around phases and principles of the nurse  
patient relationship Margaret England PhD RN CNS Perspectives in Psychiatric Care Wheeler offers the field a scholarly  
training manual grounded in Shapiro s 2001 adaptive information processing paradigm where the brain is viewed as an  
information processing system with innate self healing mechanisms that regulate its internal environment to survive and to  
maintain a stable constant condition through dynamic regulation Robert M Greenfield PhD Journal of Trauma Dissociation

**Substance Abuse Treatment and the Stages of Change** Gerard J. Connors, Carlo C. DiClemente, Mary Marden  
Velasquez, Dennis M. Donovan, 2012-12-18 A widely adopted practitioner resource and course text this book shows how to  
apply knowledge about behavior change in general and the stages of change model in particular to make substance abuse  
treatment more effective The authors are leaders in the field who describe ways to tailor interventions for clients with  
varying levels of motivation or readiness to change They draw on cutting edge theory and research on the transtheoretical  
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couples and families New to This Edition Reflects the ongoing development of the stages of change model and research  
advances over the past decade Chapter on stage based brief interventions in health care social service and community  
settings Group treatment chapter has been significantly revised Expanded coverage of the change processes relevant to each  
stage See also Group Treatment for Substance Abuse Second Edition by Mary Marden Velasquez et al a manual for a group  
based approach grounded in the transtheoretical model Substance Abuse Treatment and the Stages of Change, Second  
Edition Gerard J. Connors, Carlo C. DiClemente, Mary Marden Velasquez, Dennis M. Donovan, 2015-09-28 A widely adopted  
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Global Emergency of Mental Disorders Jahangir Moini,Justin Koenitzer,Anthony LoGalbo,2021-05-18 Global Emergency of Mental Disorders is a comprehensive yet easy to read overview of the neurodevelopmental basis of multiple mental disorders and their accompanying consequences including addiction suicide and homelessness Compared to other references that examine the treatment of psychiatric disorders this book uniquely focuses on their neurodevelopment It is designed for neuroscience psychiatry psychology students and various other clinical professions With chapters on anxiety depression schizophrenia and others this volume provides information about incidence prevalence and mortality rates in addition to developmental origins With millions worldwide affected this book will be an invaluable resource Explores psychiatric disorders from a neurodevelopmental perspective Covers multiple disorders including anxiety depression and obsessive compulsive disorder Examines the brain mechanisms that underly disorders Addresses the opioid epidemic and suicide Reviews special patient populations by gender and age

**Motivational Interviewing with Adolescents and Young Adults** Sylvie Naar,Mariann Suarez,2021-07-20 The significantly revised second edition of this unique practitioner guide features 65% new material and a new organizing structure The authors show how to use motivational interviewing MI to have productive conversations about behavior change with adolescents and young adults in any clinical context Noted for its clarity the book includes extended case examples sample dialogues quick reference tables and dos and don ts It provides vital tools for helping young people open up about their struggles explore alternatives and make healthier choices around such concerns as substance use smoking anxiety medication adherence and obesity New to This Edition More integrative and cohesive every chapter weaves in diverse clinical issues replacing the prior edition s population specific chapters Chapters on MI in groups and involving caregivers in treatment Restructured around the current four process model of MI and proposes maintenance of change as a fifth process Incorporates the rapidly growing research base on MI with youth Reflects the ongoing refinement of the authors training approach includes skill building activities at the end of each chapter This book is in the Applications of Motivational Interviewing series edited by Stephen Rollnick William R Miller and Theresa B Moyers

*The ASAM Principles of Addiction Medicine* Richard K. Ries,David A. Fiellin,Shannon C. Miller,Richard Saitz,2014-05-14 In the midst of an addiction epidemic this newly updated edition of The American Society of Addiction Medicine Principles of Addiction Medicine 5th edition is the sought after text every addiction researcher and care provider needs This



comprehensive reference text dedicates itself to both the science and treatment of addiction You ll receive a thorough grounding in both the scientific principles behind the causes of addiction and the practical aspects of clinical care Chapters are written by recognized experts covering areas such as the basic science of addiction medicine diagnosis assessment and early intervention pharmacologic and behavioral interventions mutual help and twelve step and co occurring addiction medical and psychiatric disorders backed by the latest research data and successful treatment methods Features Numerous figures tables and diagrams elucidate the text Chapters include case examples List of data research reports provided at end of each chapter NEW material on Prescription Drug Abuse Club Drugs Nursing Roles in Addressing Addiction Conceptual and Treatment Issues in Behavioral Addictions Rehabilitation Approaches to Pain Management Comorbid Pain and Addiction Pharmacotherapy for Adolescents with Substance Use Disorders Preventing and Treating Substance Use Disorders in Military Personnel and more

**The Clinician's Guide to Alcohol Moderation** Cyndi Turner,2020-03-16 The Clinician s Guide to Alcohol Moderation examines alcohol use around the world and teaches a range of behavioral health care providers how to help clients practice alcohol moderation Excavating the current treatments available for alcohol moderation the book offers step by step processes of engaging clients and their families self assessments and alcohol moderation tools In addition to using it in conjunction with Practicing Alcohol Moderation A Comprehensive Workbook readers would benefit from the Alcohol Moderation Assessment which predicts who may be able to successfully drink in moderation as well as developing and monitoring an Alcohol Moderation Plan The text uses recognized alcohol moderation resources throughout the world as well as real life case studies to address typical clinician client and family member questions It challenges the traditional recommendation that drinkers experiencing problems are alcoholics This guide is a resource for all who overdrink or know people who struggle with their alcohol use Through its medium a broad range of health care providers receive a step by step process on how to practice alcohol moderation how to put tools into practice case examples and answers to the most commonly asked questions

*Social Workers' Desk Reference* ,2015-01-13 People all over the world are confronted by issues such as poverty a lack of access to quality education unaffordable and or inadequate housing and a lack of needed health and mental services on a daily basis Due to these issues there is a need for social workers who have access to relevant and timely scholarly materials in order to meet the needs of those facing these issues The social psychological and biological factors resulting from these issues determine the level of a person s mental health at any given point in time and it is necessary for social workers to continue to evolve and develop to the new faces and challenges of the times in order to adequately understand the effects of these issues In the first and second editions of the Social Workers Desk Reference the changes that were occurring in social work practice education and research were highlighted and focused upon This third edition continues in the same tradition and continues to respond to the changes occurring in society and how they are impacting the education research and practice of social work as a whole With 159 chapters collaboratively written by

luminaries in the profession this third edition serves as a comprehensive guide to social work practice by providing the most recent conceptual knowledge and empirical evidence to aid in the understanding of the rapidly changing field of social work. Each chapter is short and contains practical information in addition to websites and updated references. Social work practitioners, educators, students, and other allied professionals can utilize the Social Workers Desk Reference to gain interdisciplinary and interprofessional education, practice, and research.

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In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Group Therapy For Substance Use Disorders A Motivational Cognitive Behavioral Approach**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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