

# Group Treatment for Substance Abuse

**SECOND EDITION**

A Stages-of-Change  
Therapy Manual

Mary Marden Velasquez, Cathy Crouch,  
Nanette Stokes Stephens, and Carlo C. DiClemente



# Group Treatment For Substance Abuse Second Edition A Stages Of Change Therapy Manual

**G. Alan Marlatt, Dennis M. Donovan**



## **Group Treatment For Substance Abuse Second Edition A Stages Of Change Therapy Manual:**

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 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

*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 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 model to explain what works and what doesn't work at different stages of change Rich clinical examples illustrate the whats whys and how tos of using the stages of change model to inform treatment planning and intervention for individuals groups 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* 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 model to explain what works and what doesn't work at different stages of change Rich clinical examples illustrate the whats whys and how tos of using the stages of change model to inform treatment planning and intervention for individuals groups 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 Addiction and Change, Second Edition Carlo C. DiClemente, 2018-01-18 Not everyone who experiments with substance use or risky behavior becomes addicted and many who are addicted have been able to recover This authoritative book now revised and updated has given tens of thousands of professionals and students a state of the art framework for understanding the journey both into and out of addiction From Carlo C DiClemente codeveloper of the transtheoretical model TTM the book identifies the stages and processes involved in initiating modifying maintaining or stopping any pattern of behavior Grounded in extensive research and illustrated with vivid case examples the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more effective Key words Subject Areas addictions alcoholism problem drinking substance abuse substance use disorders addictive behaviors chemical dependency drugs nicotine dependence treatments interventions prevention recovery stages of change processes transtheoretical model TTM addiction research motivational interviewing behavior change behavioural change texts Audience Practitioners and graduate students in clinical psychology clinical social work psychiatric nursing substance abuse counseling and psychiatry **Relapse Prevention, Second**

**Edition** G. Alan Marlatt, Dennis M. Donovan, 2005-05-20 This important work elucidates why relapse is so common for people recovering from addictive behavior problems and what can be done to keep treatment on track It provides an empirically supported framework for helping people with addictive behavior problems develop the skills to maintain their treatment goals even in high risk situations and deal effectively with setbacks that occur The expert contributors clearly identify the obstacles that arise in treating specific problem behaviors review the factors that may trigger relapse at different stages of recovery and present procedures for teaching effective cognitive and behavioral coping strategies      **Addiction and**

**Change** Carlo C. DiClemente, 2017-12-04 Not everyone who experiments with substance use or risky behavior becomes addicted and many who are addicted have been able to recover This authoritative book now revised and updated has given tens of thousands of professionals and students a state of the art framework for understanding the journey both into and out of addiction From Carlo C DiClemente codeveloper of the transtheoretical model TTM the book identifies the stages and processes involved in initiating modifying maintaining or stopping any pattern of behavior Grounded in extensive research and illustrated with vivid case examples the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more effective New to This Edition Incorporates 15 years of research advances contemporary prevention and treatment approaches and the ongoing development of the TTM Chapter on current developments in intervention research Expanded discussions of neuroscience self regulation behavioral economics self help mutual help and spirituality motivational issues process addictions gambling and sex addiction and more Deeper coverage of risk and protective factors across adolescent and young adult development      **Clinical Work with Substance-Abusing Clients,**

**Second Edition** Shulamith Lala Ashenberg Straussner, 2004-08-31 This widely adopted text offers practical guidance for working with substance abusers and their families in a variety of clinical contexts Expert contributors present major assessment and treatment approaches together with detailed recommendations for intervening with specific substances and meeting the needs of different populations Throughout helpful case vignettes illustrate how to translate the ideas presented into practice and overcome common stumbling blocks Practitioners and students will find all the information needed to stay current in the field in this authoritative comprehensive and highly accessible work      *Social Workers' Desk Reference* Lisa Rapp-McCall, Al Roberts, 2022 The Social Worker s Desk Reference fourth edition remains the definitive resource for social work students and professionals Expanded sections on current hot topics such as white nationalism gaming disorder substance abuse LGBTQ populations suicide sexual violence in the military and vulnerable populations make the fourth edition a fully updated and essential reference      Textbook of Hospital Psychiatry, Second Edition Edited by Harsh K.

Trivedi, M.D., M.B.A., Steven S. Sharfstein, M.D., M.P.A., 2022-10-03 When it was originally published in 2009 the Textbook of Hospital Psychiatry was the first comprehensive guide to hit the market in more than a decade This updated edition includes new material in each of the 30 chapters with a focus on treatment staffing and quality of care changes and includes new

forward looking chapters on consumer and family perspectives collaborative care measurement based care safety and more Providers and policymakers agree that integrating behavioral treatments into regular courses of patient care helps address post discharge needs including safe housing reliable transportation and nutrition Behavioral wellness is currently benefitting from increased public attention but disparities in access continue There is a significant need for dedicated psychiatric hospitals and dedicated units in general hospitals to meet America s mental health needs Progress is happening but many familiar challenges remain Inadequate healthcare coverage and reimbursement for services has left both patients and medical providers desperate for reform Staffing shortages are worsening as practitioners in the baby boomer generation retire and those roles go unfilled by new graduates Despite these challenges psychiatric hospitals continue to evolve and discover new solutions to provide transformative care for patients This updated textbook contains valuable knowledge and novel insights for clinicians regarding treatment staffing and care and features new chapters on family involvement and safety federal and local financing and information on collaborative care and LEAN Forward looking chapters focus on the integration of treatment across settings and providers and examine new strategies such as telemedicine to extend the reach of clinicians Together and with expert guidance readers of this must have resource will find a roadmap for clinical administrative and financial steps to help providers take advantage of these unprecedented times to develop services and advance hospital psychiatry in the United States

**Innovative Treatment Approaches in Forensic and Correctional Settings** Michael Siglag, 2024-04-25 This book describes targeted therapeutic interventions programmatic approaches and system wide transformations of forensic mental health services Interventions include creative applications of a variety of multidimensional and theoretically grounded approaches These include variations of cognitive behavioral therapy CBT dialectical behavior therapy DBT psychodynamic psychosocial Risk Needs Recovery RNR and Good Lives Models and other approaches Contributors from several countries address key topics such as aggression sexual violence substance use trauma informed care competency restoration and other specialized treatment areas Clinical examples are included throughout which include current data and research and suggestions for further research for use by clinicians working in a range of settings with a variety of treatment population subsets This book is essential for administrators and clinicians seeking effective and state of the art approaches

**Neuropsychopharmacology** Jahangir Moini, Anthony LoGalbo, Jennifer G. Schnellmann, 2023-05-10 Neuropsychopharmacology reviews the principles of pharmacology with a focus on the central nervous system and autonomic nervous system Beyond autonomic and central nervous system pharmacology this volume uniquely discusses psychiatric disorders and the pharmacological interventions that are available for conditions including depression schizophrenia and anxiety disorders With a focus on these specific body systems readers will see end of chapter questions that offer real world case studies as well as multiple choice questions for further learning Beneficial features and content also include two extensive examination tests which each contain 100 questions for better learning or to be used in

teaching and a glossary Helpful appendices cover high alert medications and toxicology effects on the nervous system Each chapter will contain classifications of medications pharmacokinetics mechanism of action clinical indications and toxicities Describes pharmacology principles pertaining to the central and autonomic nervous system Identifies pharmacological interventions for psychiatric disorders including current evidence based interventions for depression schizophrenia and anxiety disorders Features chapter outlines end of chapter questions real world case studies and examinations for deeper learning or teaching

**Motivational Interviewing in Groups** Christopher C. Wagner, Karen S. Ingersoll, with Contributors, 2012-11-28 A unique clinical resource this book shows how to infuse the methods and spirit of motivational interviewing MI into group based interventions The authors demonstrate how the four processes of MI with individuals translate into group contexts They explain both the challenges and the unique benefits of MI groups guiding practitioners to build the skills they need to lead psychoeducational psychotherapeutic and support groups successfully A wealth of clinical examples are featured Chapters by contributing authors present innovative group applications targeting specific problems substance use disorders dual diagnosis chronic health conditions weight management adolescent risk behaviors intimate partner violence and sexual offending This book is in the Applications of Motivational Interviewing series edited by Stephen Rollnick William R Miller and Theresa B Moyers

**Psychologists' Desk Reference** Gerald P. Koocher Ph.D., John C. Norcross Ph.D., Beverly A. Greene Ph.D., 2013-09-04 Fully revised and expanded this third edition of the Psychologists Desk Reference includes several new chapters on emerging topics in psychology and incorporates updates from top clinicians and program directors in the field This classic companion for mental health practitioners presents an even larger variety of information required in daily practice in one easy to use resource Covering the entire spectrum of practice issues from diagnostic codes practice guidelines treatment principles and report checklists to insight and advice from today's most respected clinicians this peerless reference gives fingertip access to the whole range of current knowledge Intended for use by all mental health professionals the Desk Reference covers assessment and diagnosis testing and psychometrics treatment and psychotherapy biology and pharmacotherapy self help resources ethical and legal issues forensic practice financial and insurance matters and prevention and consultation Chapters have been clearly written by master clinicians and include easy to read checklists and tables as well as helpful advice Filled with information psychologists use everyday the Psychologists Desk Reference Third Edition will be the most important and widely used volume in the library of psychologists social workers and counselors everywhere

**The Complete Idiot's Guide to Changing Old Habits for Good** Deb Baker, G. Alan Marlatt Ph.D., 2008-12-02 Kick bad habits for good Nearly everybody has at least one self destructive habit they can't eliminate from spending too much time online to eating too much ice cream Changing an old habit is no easy business and more than 90% of people relapse within a year This one of a kind guide helps readers separate good habits from bad evaluate the risks and benefits prepare themselves for change and make the change for good Dr Marlatt is a groundbreaking author at

the top of the relapse prevention field This book shares the latest research on kicking old habits for good *Group Treatment for Substance Abuse, First Edition* Mary Marden Velasquez, Gaylyn Gaddy Maurer, Cathy Crouch, Carlo C. DiClemente, 2001-07-15 This practical manual presents a 29 session treatment program designed to engage motivate and stimulate processes of change in clients at all stages of recovery The program is based on the research supported transtheoretical model of behavior change The manual describes skills building activities and interventions that are likely to be most effective with clients as they cycle from the earlier stages of change m precontemplation contemplation and preparation m to the later stages action and maintenance Each of the structured sessions is presented in a consistent highly accessible format including a clear rationale summary of objectives and overview of the main activities that will take place Step by step guidelines for implementation are provided as well as strategies for using a motivational interviewing style The manual is complete with all needed handouts and exercise forms ready to photocopy and distribute to clients Ideal for use with groups the approach can easily be adapted to individual treatment

**The Professional Counselor's Desk Reference, Second Edition** Mark A. Stebnicki, Irmo Marini, 2015-08-21 This award winning bestselling reference for professional counselors and graduate students is extensively updated and expanded to encompass critical developments that are immediately relevant to the counseling professions including the 2014 American Counseling Association Code of Ethics CACREP CORE accreditation standards DSM 5 the Affordable Care Act and many other important changes It reflects the ongoing consolidation of a strong identity for professional counselors and the need to address mental health and other counseling concerns amidst marked socio cultural changes The only resource of its kind it is an extremely useful guide for counseling students working toward licensure and certification as well as experienced counselors counselor educators clinical supervisors psychologists and social workers The second edition offers a unique interdisciplinary approach inclusive across all counseling disciplines and features contributions from over 110 highly regarded experts in counselor education research and practice It is based on the core content and knowledge areas outlined by CACREP and CORE accreditation standards and disseminates in 93 chapters both contemporary insight and practical strategies for working with the complexity of real life issues related to assessment diagnosis and treatment of diverse clients New chapters address military and veteran health issues evidence based practice for training counseling transgender individuals partners and families counseling caregivers social justice and so much more In addition to being a quick access resource for all counseling professionals the second edition serves as a concise accessible reference for graduate students preparing for certification and licensure exams It features an expanded comprehensive self exam of over 340 multiple choice items based on the CORE CACREP core content and knowledge areas for counselor education and training New to the Second Edition Updated and expanded discussion of the 2014 ACA Code of Ethics Affordable Care Act and its impact on delivery of mental health services Coverage of DSM 5 Promotes an interdisciplinary approach inclusive across all counseling disciplines Includes an expanded



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 of Ethics Affordable Care Act DSM 5 and revisions to licensure requirements in many states *Canadian Journal of  
 Psychiatry* ,2002 *Evidence-Based Group Work in Community Settings* David E. Pollio, Mark J. Macgowan, 2013-09-13  
 There has been a strong recent trend towards incorporating evidence into Social Work practice in general and into group  
 work in particular This trend has focused on the education of students in the use of evidence development of evidence based  
 interventions and discussion of how evidence can be used to improve practice A limitation of most of this literature is that it  
 has been written by researchers for the consumption of practitioners limiting the ability of evidence based practices to be  
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 researchers and community agencies Each chapter details efforts to implement research or review programs in community  
 settings The second part deals with issues around instruction and dissemination of evidence based group work into practice  
 settings The volume makes a significant contribution to the discussion about evidence based group work This book was  
 published as a special issue of Social Work with Groups Addictions : Prévenir la rechute Caroline Chiron, Estelle  
 Guilbaud, Lucia Naudin, Emeline Chauchard, Romo, Mélanie Gaillard, Claire Naudin, 2022-04-19 Les thérapies les plus efficaces  
 en matière de prévention de la rechute rassemblées en un véritable programme Les addictions touchent plusieurs centaines de  
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