

# The **Substance Abuse & Recovery Workbook**

**Self-Assessments, Exercises & Educational Handouts**



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# Handouts For Substance Abuse Groups

**Lisa M. Najavits**



## **Handouts For Substance Abuse Groups:**

*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.

**Integrated Group Therapy for Bipolar Disorder and Substance Abuse** Roger D. Weiss, Hilary S. Connery, 2011-06-23 Packed with practical clinical tools, this book presents an empirically supported treatment expressly designed for clients with both bipolar disorder and substance use disorders. Integrated group therapy teaches essential recovery behaviors and relapse prevention skills that apply to both illnesses. The volume provides a complete session by session overview of the approach, including clear guidelines for setting up and running groups, implementing the cognitive behavioral treatment techniques, and troubleshooting frequently encountered problems. In a large size format for easy reference and photocopying, the book features more than 30 reproducible handouts, forms, and bulletin board materials.

**Women's Group Treatment for Substance Use Disorder** Elizabeth E. Epstein, Barbara S. McCrady, 2023 Problems with alcohol and drugs differ for women and men. In development, risk factors, negative consequences, metabolism, relapse triggers, and related issues. Left untreated, alcohol and other drug use disorders can have unwanted impacts on your functioning, health, and relationships. Based on scientific evidence accumulated over 25 years of research, this women specific cognitive behavioral program addresses the unique challenges and treatment needs of women with alcohol and/or drug use problems. Readers can use the handouts and worksheets in this workbook to follow the step by step program designed to help achieve and maintain abstinence, learn skills to prevent relapse, and help achieve improvements in quality of life, self care, coping skills, and wellness. Written to be used in a therapeutic setting and in conjunction with the companion therapist guide, the program includes easy instructions and materials to help you identify your drinking patterns and triggers, take control of your behavior, seek social network support, understand and experience the rewards of sobriety, and find positive alternatives to drinking and drug use. You also will learn useful techniques for managing strong negative emotions and negative thoughts. Overcoming alcohol or drug problems is an attainable goal with this effective and comprehensive program.

*DBT Skills Training Handouts and Worksheets* Marsha M. Linehan, 2025-08-20 The revised edition of this indispensable resource presents the tools clients need to learn and practice any Dialectical Behavior Therapy (DBT) skill or set of skills. Clients get quick access to the materials recommended for a

particular skills training program with more than 225 reproducible handouts and worksheets in all In the revised edition handouts and worksheets for each skill are grouped together making the book even easier to use All four DBT skills modules are included mindfulness interpersonal effectiveness emotion regulation and distress tolerance each with a brief introduction written expressly for clients In a convenient spiral bound 8 1 2 x 11 format the book is updated throughout to feature more inclusive language and reflect changes in technology and daily life

**Seeking Safety** Lisa M. Najavits, 2021-05-07 This manual presents the most widely adopted evidence based treatment for co occurring trauma and addiction For clients facing one or both of these issues the most urgent clinical need is to establish safety to reduce addictive behavior build healthy relationships manage symptoms such as dissociation and self harm and restore ideals that have been lost Seeking Safety focuses on coping skills in the present it can be implemented with individuals or groups by any provider as well as by peers It offers 25 topics such as Asking for Help Taking Good Care of Yourself Setting Boundaries in Relationships Healing from Anger Honesty and Coping with Triggers The model is highly flexible practical and engaging and can be conducted with any other treatment including the author s past focused model Creating Change The book has a large size format and features reproducible client handouts that can be photocopied or downloaded See also Creating Change A Past Focused Treatment for Trauma and Addiction and the self help guide Finding Your Best Self Revised Edition Recovery from Addiction Trauma or Both an ideal client recommendation

*Pathways to Prevention*, 2003

**Substance Abuse Relapse Prevention for Older Adults** Larry W. Dupree, 2005 DHHS Publication No SMA 05 4053

*The Group Therapy of Substance Abuse* David W. Brook, Henry I. Spitz, 2002-09-23 Gain a practical perspective on group therapy as a treatment for addiction As more and more researchers and clinicians recognize group therapy as the primary psychosocial intervention in the treatment of substance abusers there is a growing need for a comprehensive resource that places the wide range of theories and ideas about the treatment into practical perspective The Group Therapy of Substance Abuse is the first book to bridge the gap between substance abuse treatment and group psychotherapy by presenting expert analyses that address all major schools of thought The book includes clinical examples and specific recommendations for treatment techniques reflecting a variety of viewpoints from the leading clinicians scholars and teachers in the field Because of its therapeutic efficacy and cost effectiveness group therapy has come to play an increasingly important role as the psychosocial therapy of choice for an ever increasing numbers of patients with substance abuse disorders For ease of use The Group Therapy of Substance Abuse is divided into several sections including a discussion of the basic theoretical approaches on which most group treatments of substance abusers are based the uses of group treatment approaches in specific treatment settings and the uses of group treatment with specific patient populations The Group Therapy of Substance Abuse also includes diverse perspectives on interpersonal and psychodynamic approaches to therapy cognitive behavioral methods outpatient inpatient and partial hospitalization groups network therapy and 12 step groups treatment of gay lesbian bisexual adolescent and elderly abusers

therapeutic community groups Essential for professionals who treat substance abusers The Group Therapy of Substance Abuse is also an excellent textbook for scholars and students in the mental health field The book adds depth to the practicing and soon to be practicing clinician s understanding of how best to address the complex problem of addiction **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 *Homework*

*Assignments and Handouts for LGBTQ+ Clients* Joy S. Whitman,Cyndy J. Boyd,2021-02-01 Featuring over seventy affirming interventions in the form of homework assignments handouts and activities this comprehensive volume helps novice and

experienced counselors support LGBTQ community members and their allies Each chapter includes an objective indications and contraindications a case study suggestions for follow up professional resources and references The book s social justice perspective encourages counselors to hone their skills in creating change in their communities while helping their clients learn effective coping strategies in the face of stress bullying microaggressions and other life challenges The volume also contains a large section on training groups of allies and promoting greater cohesion within LGBTQ communities Counseling and mental health services for LGBTQ clients require between session activities that are clinically focused evidence based and specifically designed for one or more LGBTQ sub populations This handbook gathers together the best of such LGBTQ clinically focused material As such the book appeals both to students learning affirmative LGBTQ psychotherapy counseling and to experienced practitioners The Handbook features homework assignments handouts and activities that Emphasize working with clients from different backgrounds Stress the importance of ethical guidelines and culturally competent care Demonstrate how to engage clients in conversations about coming out across the lifespan Help clients manage oppression and build resilience through self care advocacy and validation Identify the facets of relationships that are unique to LGBTQ individuals Offer interventions to enhance familial support and work through family dynamics Assist clients to more deeply appreciate their genders and sexual identities Aid therapists in their work with clients who have substance use and abuse issues Address concerns about career choices employment options and college pursuits Create safety in a range of social and clinical spaces including college campuses Offering practical tools used by clinicians worldwide the volume is particularly useful for courses in clinical and community counseling social work and psychology Those new to working with LGBTQ clients will appreciate the book s accessible foundation to guide interventions

Big Book of Emergency Department Psychiatry Yener Balan,Karen Murrell,Christopher Bryant Lentz,2017-09-18 This book focuses on the operational and clinical strategies needed to improve care of Emergency Psychiatric patients Boarding of psychiatric patients in ED s is recognized as a national crisis The American College of Emergency Physicians identified strategies to decrease boarding of psychiatric patients as one of their top strategic goals Currently there are books on clinical care of psychiatric patients but this is the first book that looks at both the clinical and operational aspects of caring for these patients in ED setting This book discusses Lean methodology the impact of long stay patients using queuing methodology clinical guidelines and active treatment of psychiatric patients in the ED

Mindfulness-Based Substance Abuse Treatment for Adolescents Sam Himmelstein,Stephen Saul,2015-06-12 Mindfulness Based Substance Abuse Treatment for Adolescents is a group based curriculum incorporating mindfulness self awareness and substance abuse treatment strategies for use with adolescents dealing with substance use The evidence based how to format provides a curriculum for professionals to implement either partially by picking and choosing sections that seem relevant or in full over a number of weeks Each session comes equipped with clear session agendas example scripts and talking points what if scenarios that address common forms of resistance and optional handouts

for each session Sections cover the major principles of working with adolescents relationship building working with resistance and more along with a full curriculum The book is a natural fit for psychotherapists but addiction counselors school counselors researchers mentors and even teachers will find that Mindfulness Based Substance Abuse Treatment for Adolescents changes the way they work with young people *The Group Counseling Handbook* Christopher Seavey, Theresa M. Finan, 2001-07-20 If you have ever facilitated a group you have then had the experience of being involved in a very powerful and dynamic setting This book will show you the how to and provide innovative materials to keep the group process going in a positive and eclectic manner *Fit to Win* ,1987 *Integrated Treatment for Dual Disorders* Kim T. Mueser, Douglas L. Noordsy, Robert E. Drake, Lindy Fox Smith, 2015-05-18 This comprehensive clinical handbook provides virtually everything needed to plan deliver and evaluate effective treatment for persons with substance abuse problems and persistent mental illness From authors at the forefront of the dual disorders field the book is grounded in decades of influential research Presented are clear guidelines for developing integrated treatment programs performing state of the art assessments and implementing a wide range of individual group and family interventions Also addressed are residential and other housing services involuntary interventions vocational rehabilitation and psychopharmacology for dual disorders Throughout the emphasis is on workable ways to combine psychiatric and substance abuse services into a cohesive unitary system of care In a convenient large size format the volume includes reproducible assessment forms treatment planning materials and client handouts **The Prevention Pipeline** ,2000 **Group Approaches to Treating Traumatic Stress** Josef I. Ruzek, Matthew M. Yalch, Kristine M. Burkman, 2023-12-25 Filling a key need this unique handbook reviews the state of the science of group based treatment of posttraumatic stress disorder PTSD and other trauma related problems and offers detailed descriptions of specific approaches Leading clinician researchers present their respective therapies step by step including mini manuals with extensive case examples The volume provides practical guidance about basic skills for leading groups for trauma survivors ways of comparing different kinds of groups and the place of group therapy in the overall arc of trauma treatment Special topics include training supervision and evaluation of trauma therapy groups and conducting virtual telehealth groups *Mind Stimulation Therapy* Mohiuddin Ahmed, Charles M. Boisvert, 2013-08-15 This book presents a psychotherapy intervention model called Multimodal Integrative Cognitive Stimulation Therapy MICST It is grounded in information processing and cognitive stimulation techniques and operates out of a positive psychology framework This model designed for group work with clients with schizophrenia can be easily tailored to working with clients in individual therapy sessions The three core MICST group activities include 1 body movement mindfulness relaxation BMR 2 cognitive stimulation using group discussions and 3 cognitive stimulation using paper pencil cognitive exercises and self reflection exercises A chapter is devoted to each of these core areas with actual case vignettes to illustrate ways that these activities can be implemented in clinical practice Homework recommendations are included at the end of each chapter devoted to a core

MICST group activity and providing suggestions on ways to practice various skills and exercises in between group sessions Also provided are several handouts and worksheets which can be used with clients

**Cognitive Processing Therapy for PTSD** Patricia A. Resick, Candice M. Monson, Kathleen M. Chard, 2016-12-25 The culmination of more than 25 years of clinical work and research this is the authoritative presentation of cognitive processing therapy CPT for posttraumatic stress disorder PTSD Written by the treatment s developers the book includes session by session guidelines for implementation complete with extensive sample dialogues and 40 reproducible client handouts It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations such as combat veterans sexual assault survivors and culturally diverse clients The large size format facilitates photocopying and day to day use Purchasers also get access to a Web page where they can download and print the reproducible materials CPT is endorsed by the U S Departments of Veterans Affairs and Defense the International Society of Traumatic Stress Studies and the U K National Institute for Health and Care Excellence NICE as a best practice for the treatment of PTSD



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