

Relapse Prevention Workbook

New
Edition

For Recovering
Alcoholics and
Drug-Dependent
Persons



2nd Edition

Dennis C. Daley

A Workbook in the Adults-in-Recovery Series

Relapse Prevention Workbook Dennis Daley

Dennis C. Daley, G. Alan Marlatt



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Managing Your Drug Or Alcohol Problem Dennis C. Daley, G. Alan Marlatt, 1997 Section 1 Overview of Substance Use Problems and Self Assessment Chapter 1 Introduction and Plan for Workbook Chapter 2 Recognizing Your Substance Use Problem Chapter 3 Recognizing Consequences of Your Substance Use Section 2 Change Issues and Strategies Chapter 4 Treatment Settings for Substance Use Problems Chapter 5 Stages of Change Ch 6 How to Use Therapy or Counseling Ch 7 Overview of Goal Planning Ch 8 Managing Cravings and Urges to Use Substances Ch 9 Managing Thoughts of Using Substances Ch 9 Dealing With Upsetting Emotions Ch 11 Refusing Offers to Use Substances Ch 12 Dealing With Family and Interpersonal Problems Ch 13 Building a Recovery Support System Ch 14 Self Help Programs and Recovery Clubs Ch 15 Medications for Substance Use Problems Section 3 Relapse Prevention and Progress Measurement Ch 16 Relapse Prevention Reducing the Risk of Relapse Ch 17 Relapse Management Ch 18 Strategies for Balanced Living Ch 19 Measuring Your Progress

Relapse Dennis C. Daley, 1988 This highly valuable book provides information on the problem of relapse in alcoholism and drug addiction Experts address conceptual issues summarize research on relapse and explore a variety of theoretical and clinical models of relapse prevention Several chapters describe practical applications of relapse prevention approaches used in both inpatient and outpatient clinical settings Rather than adhere to one particular approach this volume presents diverse viewpoints on clinical applications of relapse prevention Intended for all professionals in medicine psychiatry social work psychology and nursing who work with individuals who have alcohol or other drug problems Of particular interest to clinicians who treat alcoholics and drug abusers as well as administrators or supervisors who wish to develop and implement new types of relapse prevention programs Unique in that it addressed conceptual research and clinical perspectives Contributors many who have published extensively on the subject include a range of individuals from those involved in academic research to those who work on the front lines in treatment facilities

SOFT BACKCOVER

COPYRelapse Conceptual Research and Clinical Perspectives provides new and valuable information on the problem of relapse with alcoholics and drug addicts Some of the most respected authorities in the field describe practical applications of relapse prevention approaches used in both inpatient and outpatient clinical settings They also discuss important conceptual issues review the research on relapse and explore theoretical and clinical models of relapse prevention In recent years increasing attention has been paid to the problem of relapse in chemically dependent individuals With advanced research into the causes of relapse and the effectiveness of relapse prevention treatment models and new approaches to relapse prevention more patients and their families are receiving specialized relapse prevention education and treatment focusing on long term maintenance Subsequently all professionals in medicine psychiatry social work psychology and nursing who work with individuals who have alcohol or other drug problems will find it essential to read this up to the minute volume Clinicians who treat alcoholics and drug abusers and administrators or supervisors who wish to develop and implement new types of

relapse prevention programs will applaud the comprehensive insights and applications featured in Relapse Conceptual Research and Clinical Perspectives Here s what you will find A summary of the existing research and literature on relapse and relapse prevention providing a broad overview of the current state of knowledge A description of four clinical treatment approaches commonly used in the chemical dependency field the cognitive behavioral approach based on the self efficacy theory the Psychoeducational Model of Relapse Prevention the Marlatt and Gordon self management approach and the CENAPS model An examination of the content and structure of relapse prevention programs and the application of various approaches in several clinical contexts including a six month outpatient program an intensive nonresidential rehabilitation program a 28 day residential program a therapeutic community and a program used with adult chronic marijuana users

Overcoming Your Alcohol or Drug Problem Dennis C. Daley,G. Alan Marlatt,2006-06-15 A substance use problem exists when one experiences any type of difficulty related to using alcohol tobacco or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers The difficulty can be in any area of life medical or physical psychological family interpersonal social academic occupational legal financial or spiritual This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem Designed to be used in conjunction with therapy or counseling it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one s lifestyle that keep the substance use problem active The information presented is derived from a wealth of research studies and discusses the most effective recovery strategies from the examination of cognitive behavioral treatment TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions All programs have been rigorously tested in clinical trials and are backed by years of research A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date Our books are reliable and effective and make it easy for you to provide your clients with the best care available Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER

Relapse Prevention Dennis C. Daley,1989 Keeping a recovering client from lapsing back into old habits of abuse is a task counselors face every day They can face the problem more successfully with the help of this up to date overview of the current state of relapse prevention

Managing Your Substance Use Disorder Dennis C. Daley,Antoine B. Douaihy,2019-09-06 Managing Your Substance Use Disorder Client Workbook is an interactive recovery guide that engages readers who have a substance use disorder in an active process of learning strategies to manage the daily challenges of sobriety and recovery and to reduce the risk of lapse and relapse

Designed to accompany Managing Substance Use Disorder Practitioner Guide this Workbook provides detailed information about substances of use reader friendly checklists and engaging activities in order to personalize the reader s recovery plan The book then reviews current trends in substance use and disorders causes and effects of these disorders substance related disorders treatment approaches medications and psychosocial mutual support programs and the impact of substance use on the family and concerned significant others and integrates the best scientifically supported interventions with the authors extensive experiences as scientist clinicians This Workbook addresses the most common challenges faced by individuals with substance use disorders such as managing cravings resisting social pressures to use coping with negative emotions and moods building a social support network involving family or concerned significant others and reducing lapse and relapse risk

Drug Abuse Relapse Barbara Moe,1999-12-15 Discusses the problem of falling back into drug abuse what causes these relapses and how to get help in breaking the cycle of continued drug dependence *Therapy Manuals for Drug Addiction* Dennis C. Daley,2002 **Humanizing Addiction Practice** Antoine Douaihy,H. Patrick Driscoll,2018-06-21 This original eloquent compassionate and timely book offers all healthcare practitioners interested and involved in addiction practice a powerful account of an addiction psychiatrist s journey of professional and personal growth thereby offering readers a unique opportunity to learn deeply from the author s insights experiences and struggles in becoming a patient centered empathic healer Through sharing and exploring clinical experiences in addiction practice this fascinating title delves into the lead author and his mentee s personal professional and ethical challenges and weaves together science and humanism offering a wealth of experiential wisdom and tools that have the power to transform our understanding of therapeutic work with people with addictions Written with empathy and humility Humanizing Addiction Blending Science and Personal Transformation provides a compelling argument and framework for integrating humanism with empirically grounded practices This important book is an invaluable resource for healers from a range of backgrounds physicians physician assistants nurse practitioners social workers case managers patient navigators clinical and health psychologists pharmacists counselors graduate students and medical trainees involved in clinical care of people with addiction and substance use problems

Approaches to Drug Abuse Counseling, July 2000 ,2000 *The End of Overeating* David A. Kessler,2010-09-14 Uncovers the influences that have conditioned people to overeat explaining how combinations of fat sugar and sa

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Relapse Prevention Workbook Dennis Daley** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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