



Relapse Prevention

What are my triggers?

When I feel like relapsing, I have warning signs such as...

Instead of using, what else could I do instead?

☐ Write in a journal

☐ Do yoga

☐ Meditate

☐ Call a friend

☐ Read a book

☐ Exercise

☐ Go for a walk

☐ Call your sponsor

☐ Take deep breathes

☐ Watch TV

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Remember urges do go away!

Relapse Prevention Group Handouts

**U.S. Department of Health and Human
Services**



Relapse Prevention Group Handouts:

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

Counselor's Treatment Manual: Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders U.S. Department of Health and Human Services, 2019-03-17 The Matrix IOP method was developed initially in the 1980s in response to the growing numbers of individuals entering the treatment system with cocaine or methamphetamine dependence as their primary substance use disorder Many traditional treatment models then in use were developed primarily to treat alcohol dependence and were proving to be relatively ineffective in treating cocaine and other stimulant dependence Obert et al 2000 To create effective treatment protocols for clients dependent on stimulant drugs treatment professionals at the Matrix Institute drew from numerous treatment approaches incorporating into their model methods that were empirically tested and practical Their treatment model incorporated elements of relapse prevention cognitive behavioral psychoeducation and family approaches as well as 12 Step program support Obert et al 2000

Counselor's Treatment Manual, 2006 *Group Psychotherapy: Exercises at Hand—Volume 3* Vacir de Souza, LMHC, CAP, CFAE, 2011-05-05 *Group Psychotherapy Exercises at Hand* is a three volume series that provides concise creative and systematic approaches for beginners and seasoned professionals practicing group psychotherapy sessions The customizable

group session models apply and improve psychotherapy techniques by employing notes based on real world settings Each group session model provides valuable suggestions for group interactions therapeutic interventions and treatments The Exercises at Hand series includes practical reliable and structured techniques and exercises that will enable you to implement ready to use exercises in both outpatient and inpatient situations utilize innovative exercises for group psychotherapy sessions for professionals working in community mental health centers hospitals jails group homes shelters or private settings conduct group psychotherapy sessions through uniquely organized topics and exercises set high standards for documentation using flexible and updated models of real group sessions Group Psychotherapy Exercises at Hand offers some of the best organized materials available on the market These volumes present an abundant collection of topics and exercises designed to cover the full spectrum of group psychotherapy Each topic and corresponding exercise has been meticulously created and organized in a logical sequence to make your work as the group leader easy and effective Enhance the progress of your patients by helping them gain better understanding about themselves and make positive changes in their lives

A Comprehensive Guide to Addiction Theory and Counseling Techniques Alan A. Cavaola, Margaret Smith, 2020-05-13 A blend of theory and counseling techniques this comprehensive text provides readers with an overview of several major counseling theories and their application to substance use disorders and addiction counseling along with related techniques and interventions Chapters incorporate cutting edge evidenced based research on neuroscience psychological and sociocultural theories explaining the biopsychosocial influences of substance use disorders and examine how substance use disorder risk factors can be utilized when assessing someone who may have a substance use disorder The text additionally helps apply theory to practice offering intervention techniques and using accessible case studies Throughout the text highlighted learning opportunities and key terms further help students to practice and apply the theories interventions and techniques that the book discusses Mental health professionals undergraduate and graduate students alike will benefit from this deft mix of prominent theory innovative research and accessible case studies

Client's Handbook: Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders U.S. Department of Health and Human Services, 2019-03-17 The handouts in this book will help you get the most out of your Matrix treatment Some handouts ask questions and have spaces for your answers Other handouts ask you to read and think about a subject or an idea or they contain advice or reminders about recovery It is a good idea to keep and review the handouts after you have used them They will help you stay strong as you continue in your recovery During each treatment session your counselor will ask you to follow along on the handout while he or she goes over it with the group The counselor will give you time to think about what it says and write your answers to questions it may ask The group will then discuss the handout You should share your thoughts and ask questions during this time If you still have questions there will be more time to ask questions during the last part of each session

Integrating the 12 Steps into Addiction Therapy James R. Finley, 2004-10-20 All the

resources needed to fully integrate a 12 step approach aspart of your overall treatment program Millions of Americans have at some time in their lives participated in a 12 step program for treatment of a chemical or non chemical addiction Clinicians recognize that these grass roots efforts have a very high cure rate However little has been written on how to integrate these programs into a traditional therapy setting Integrating the 12 Steps into Addiction Therapy serves as an indispensable resource for clinicians treating addiction patients who are simultaneously enrolled in 12 step programs This valuable text Contains eight lesson plans and twenty seven assignments Integrates in depth discussion of 12 step programs with hands on resources like homework assignments treatment plan examples and patient handouts Will also benefit 12 step program peer counselors Includes companion CD ROM with fully customizable homework assignments lesson plans and presentations Treating addictions whether chemical or non chemical can be one of the most difficult challenges faced by mental health professionals For many people 12 step programs have played a critical role in helping them to manage their addictive behaviors Integrating the 12 Steps into Addiction Therapy gives psychologists therapists counselors social workers and clinicians the tools and resources they need to fully utilize these peer therapy program techniques in treating a wide variety of addictions

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

Treatment for Stimulant Use Disorders Richard A. Rawson, 1999 Basic knowledge about the nature and treatment of stimulant use disorders Reviews what is currently known about treating the med psychiatric and substance abuse dependence problems assoc with the use of 2 high profile stimulants cocaine and methamphetamine MA The info is understandable and relevant for clinicians and other front line substance use disorder treatment providers Offers recommendations on treatment approaches recommendations to maximize treatment engagement strategies for planning and initiating treatment and strategies for initiating and maintaining abstinence Includes recommendations for the medical management of stimulant users and recommendations regarding special groups and settings

Group Cognitive Behavior Therapy for Eating Disorders Suzanne Bailey-Straebler, Laura Sprock, 2025-05-30 This treatment guide equips therapists with the necessary tools to implement the leading recommended treatment for eating disorders enhanced cognitive behavior therapy CBT E in a group format Group CBT E is a structured treatment designed to help patients make critical changes to their eating dieting and other eating disorder symptoms It aims to engage patients in identifying and addressing over evaluation of shape and weight managing stressful events and emotions without eating disorder behaviors and developing relapse prevention skills The treatment guide includes detailed session agendas and outlines practical tips advice on addressing sensitive topics and numerous reproducible handouts that patients can personalize for their treatment needs Group CBT E empowers patients to actively engage in their recovery journey and emphasizes the valuable support found in group therapy settings where shared experiences foster learning encouragement and a sense of understanding The treatment is structured and individualized

approach not only enhances patient outcomes but also boosts therapist confidence This book is a vital resource for therapists seeking clear guidance on implementing CBT E in group format Its practical components such as clinical examples therapist insights patient handouts and detailed CBT E formulation guidance are useful for all CBT E therapists

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