

# **Relapse Prevention Workbook**

*For Recovering  
Alcoholics and  
Drug-Dependent  
Persons*

**Third Edition**

**Dennis C. Daley**



# **Relapse Prevention Workbook Dennis Daley**

**Sarah Bowen, Neha Chawla, Joel  
Grow, G. Alan Marlatt**



# Relapse Prevention Workbook Dennis Daley

*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 Prevention Counseling** Dennis C. Daley, Antoine B. Douaihy, 2015 Written specifically for clinicians this comprehensive book makes it easy for you to implement strategies proven to reduce relapse and help your client recover from substance use disorder SUDs Each chapter will lead you step by step through valuable resources for treatment such as Tools for individual group and family sessions Treatment models and therapies Counseling strategies for co occurring disorders 12 group exercises for SUDs Tips for teaching clients to identify craving triggers to prevent relapse Best practices for medication assisted treatment Emotion management techniques Using motivation to make lifestyle changes 8 group exercises for co occurring disorders

**Mindfulness-Based Relapse Prevention for Addictive Behaviors** Sarah Bowen, Neha Chawla, Joel Grow, G. Alan Marlatt, 2021-01-13 This authoritative book now revised and expanded with important clinical and research advances presents a proven approach for helping people meet the day to day challenges of recovery from addiction and maximize their well being Mindfulness based relapse prevention MBRP integrates carefully tailored meditation practices with cognitive and behavioral skills building In a convenient large size format the book includes instructions for setting up and running MBRP groups session by session implementation guidelines sample scripts and 27 reproducible handouts and forms Purchasers can download and print the reproducible materials at the companion website which also features audio recordings of the guided practices A separate website for clients provides the audio files only New to This Edition Reflects clinical refinements the growing MBRP evidence base and advances in knowledge about both addictive behaviors and mindfulness Section on cutting edge topics culturally responsive adaptations alternative group formats and settings dual diagnosis groups behavioral addictions and uses of technology Reproducible appendices MBRP Fidelity Scale and quick reference guide to the intentions of each session Audio recordings now available online

**Relapse Prevention Workbook** Dennis C. Daley, 1986 *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

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Relapse 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](http://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

*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

*Make Your Last Relapse The Last - Create Your Own Relapse Prevention Plan!* USDrug RehabCenters, 2017-03-20 You are not a statistic There isn't any research that shows all individuals relapse This book focuses on the positive and negative influences on lapse and relapse that are within an individual's control It gives practical examples and information on how to make life changes that increase the probability of leaving addiction behind By completing the relapse prevention planning

exercises in this book you will be working on many fronts to put the odds in your favor Our relapse prevention training method combines learning to change both behavior and thinking It is an approach that emphasizes self management and rejects labels like alcoholic or drug addict Learn mastery skills in all areas of your life Gain control of stress Reduce risk factors for relapse Change addictive behaviour patterns Learn real world steps to increase your motivation

**Relapse Prevention** G. Alan Marlatt, Dennis M. Donovan, 2007-12-26 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

Dual Disorders Dennis C. Daley, 2002 *Overcoming Your Alcohol Or Drug Problem* Dennis C. Daley, G. Alan Marlatt, 2006 Designed to accompany the *Overcoming Your Alcohol or Drug Problem Workbook* this guide provides clinicians with strategies for working with substance use disorders by focusing on specific issues involved in both stopping substance abuse and changing behaviours or lifestyle aspects that contribute to continued substance abuse

**Managing Your Substance Use Disorder** Dennis C. Daley, Antoine B. Douaihy, 2019 The third edition of *Managing Your Substance Use Disorder* provides the reader with practical information and skills to help them understand and change a drug or alcohol problem

**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

*Developing Clinical Skills for Substance Abuse Counseling* Daniel L. Yalisove, 2010 This skill building primer provides a framework for understanding substance abuse and teaches the basic concepts and skills necessary for effective counseling of clients with substance use disorders In Part I Dr Yalisove discusses counselor roles and the fundamental principles of substance abuse counseling He then provides a synopsis of several key substance abuse theories as well as his own Building Session Goals and Strategies method and the Eight Stage Process of Counseling approach all of which are practical compatible means for learning and mastering clinical counseling skills Part II illustrates applications of the tenets of these approaches in clinical situations from beginning counseling sessions through termination using experiential exercises role plays and clinical scenario examples Chapters on group work counseling clients with dual disorders family counseling and working with diverse client populations follow A helpful chapter on creating client treatment plans and writing clinical reports rounds out the book Dr Yalisove's clear and concise writing style and his practical approach to developing critical thinking and counseling skills makes this an ideal supplemental text for addictions courses Amazon.com

The ASAM Principles of Addiction Medicine Shannon Miller, 2018-11-26 Publisher's Note Products purchased from 3rd

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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

Lowinson and Ruiz's Substance Abuse Pedro Ruiz, Eric C. Strain, 2011 A comprehensive authoritative text on all aspects of substance abuse and addiction medicine Scientific topics such as the biology of various addictions and all dimensions of clinical treatment and management are addressed by a wide range of leading contributors Behavioral addictions are addressed also so the text is not solely devoted to specific substances and their misuse Provided by publisher

**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

**Medications for Opioid Use Disorder Save Lives** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Medication-Assisted Treatment for Opioid Use Disorder, 2019-06-16 The opioid crisis in the United States has come about because of excessive use of these drugs for both legal and illicit purposes and unprecedented levels of consequent opioid use disorder OUD More than 2 million people in the United States are estimated to have OUD which is caused by prolonged use of prescription opioids heroin or other illicit opioids OUD is a life threatening condition associated with a 20 fold greater risk of early death due to overdose infectious diseases trauma and suicide Mortality related to OUD continues to escalate as this public health crisis gathers momentum across the country with opioid overdoses killing more than 47 000 people in 2017 in the United States Efforts to date have made no real headway in stemming this crisis in large part because tools that already exist like evidence based medications are not being deployed to maximum impact To support the dissemination of accurate patient focused information about treatments for addiction and to help provide scientific solutions to the current opioid crisis this report studies the evidence base on medication assisted treatment MAT for OUD It examines available evidence on the range of parameters and circumstances in which MAT can be effectively delivered and identifies additional research needed

Mastering the Addicted Brain Walter Ling, MD, 2017-07-10 For anyone trying to overcome an addiction living with someone with an addiction or helping someone with an addiction As most drug and alcohol addicts eventually realize good intentions alone aren t enough to break destructive habits However addiction can be managed once its true nature is understood This simple yet profound guidebook takes you step by step through the process of building a life after addiction by adopting new behaviors that create lasting change An internationally renowned psychiatrist neurologist and addiction specialist Dr Walter Ling has worked with thousands of addicts their loved ones and fellow clinicians His no nonsense no judgment approach which he calls the neuroscience of common sense

advocates holistic methods to prevent relapse and establish new patterns to create a sustainable meaningful life *Slaying the Dragon: The History of Addiction Treatment and Recovery in America* William L. White, 2014-07-01 This is the remarkable story of America's personal and institutional responses to alcoholism and other addictions. It is the story of mutual aid societies: the Washingtonians, the Blue Ribbon Reform Clubs, the Ollapod Club, the United Order of Ex-Boozers, the Jacoby Club, Alcoholics Anonymous, and Women for Sobriety. It is a story of addiction treatment institutions from the inebriate asylums and Keeley Institutes to Hazelden and Parkside. It is the story of evolving treatment interventions that range from water cures and mandatory sterilization to aversion therapies and methadone maintenance. William White has provided a sweeping and engaging history of one of America's most enduring problems and the profession that was birthed to respond to it. **BACK COVER**

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