

Relapse Prevention Workbook

*For Recovering
Alcoholics and
Drug-Dependent
Persons*

Third Edition

Dennis C. Daley



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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

Relapse Prevention Workbook Dennis C. Daley,2000 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 **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 **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 **Approaches to Drug Abuse Counseling, July 2000**

,2000 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 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 ,2000 **Addiction and Mood Disorders** Dennis C. Daley,Antoine Douaihy,2006-07-20 Millions of individuals diagnosed with severe mental illness also suffer from an equally powerful substance use disorder If you or someone you love has been diagnosed with dual disorders this book can help Addiction and Mood Disorders A Guide for Clients and Families is designed primarily to educate individuals with dual disorders and their families about mood and addictive use disorders It not only gives a message of hope but also provides practical suggestions on ways to manage these disorders The author provides guidelines and strategies for recovery from dual disorders based on and adapted from various treatments that have proven effective for addiction mood disorders or both This book is filled with case examples that show growth and positive change as well as the difficulties many individuals struggling with a dual diagnosis face Advocating a recovery model in which the affected individual takes responsibility for getting the most out of professional treatment and self help programs this book shows that being an active participant is the key to getting the most out of your recovery This book is for use not only by those individuals who suffer from addiction and mental illness but also by their family friends and other members of their support system Professionals who work with these individuals will find this book to be a useful guide in their clinical work as well Managing Substance Use Disorder Dennis C. Daley,Antoine B. Douaihy,2019 The third edition of Managing Substance Use Disorder provides an evidence based treatment protocol for all types of substance use disorders Designed to accompany the Managing Your Substance Use Disorder Workbook this guide provides clinicians with valuable strategies for working with substance use disorders by focusing on specific issues involved

in both stopping substance abuse and changing behaviors or lifestyle aspects that contribute to continued substance abuse

Substance Use Disorders Antoine Douaihy, Dennis Daley, 2013-10-08 Substance use disorders SUDs are common among many patients with medical and psychiatric disorders Professionals from all medical and behavioral health disciplines must address SUDs to provide optimal care to patients Failure to do so may contribute to morbidity and mortality in cases of more severe substance dependence This new volume in the Pittsburgh Pocket Psychiatry series provides a comprehensive overview of substance use disorders for medical students and psychiatric residents It is aimed particularly at increasing student s knowledge and skills in addressing SUDs The handy pocket sized book focuses on those substances used abused and leading to addiction and the clinical implications of SUDs Epidemiology etiology classifications of SUDs screening and assessment and pharmacotherapy and psychosocial interventions are discussed alongside case histories illustrating the material covered Questions for the reader stimulate thinking about specific cases and how the medical student or resident can help patients with SUDs Additional chapters focus on problems caused or worsened by SUDs such as Hepatitis C HIV AIDS and co occurring psychiatric disorders Relapse and recovery are also explored given many patients with substance dependence relapse Adolescents with SUDs prevention and harm reduction interventions are also reviewed The concept of rom SUDs is incorporated in many of the chapters Medical psychological family and cultural aspects of addiction and recovery are addressed providing the reader with a broad framework for understanding and helping patients with SUDs as well as their families An extensive list of online resources is provided that includes mutual support programs as well as professionals and organizations who offer helpful materials and programs for patients with SUDs Contributing authors represent medicine psychiatry social work psychology in diverse treatment settings Many authors are also researchers and all are educators involved in mentoring medical students residents fellows and other health care professionals **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

Overcoming Your Alcohol or Drug Problem Dennis C. Daley, G. Alan Marlatt, 2006-06-15 This expanded edition of the successful Graywind title Managing Your Drug and Alcohol Problem Therapist Guide provides an evidence based treatment protocol for all types of substance use disorders Designed to accompany the Managing Your Addictive Behavior Workbook Second Edition this guide provides clinicians with valuable strategies for working with substance use disorders by focusing on specific issues involved in both stopping substance abuse and changing behaviors or lifestyle aspects that contribute to continued substance abuse In addition to addressing professional approaches attitudes toward the substance abusing client assessment psychosocial and pharamacotherapeutic treatment and self help programs this expanded edition also includes a new chapter on the management of a co occurring psychiatric disorder 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

Resource Manual,1989 Kicking Addictive Habits Once and for All Dennis C. Daley,1998-01-23 All aspects of changing bad habits and developing a balanced lifestyle are addressed in the book and I highly recommend it to readers G Alan Marlatt author of Relapse Prevention and director of the Addictive Behaviors Research Center at the University of Washington A comprehensive self help guide for changing addictive habits permanently this book shows how to establish a balanced life style based upon a scientifically researched clinically proven relapse prevention RP model By using the common sense principles of the RP model the author provides many practical ideas on how to make changes in an individual s thinking behavior and relationships that can prevent or interrupt an addictive relapse

Relapse Prevention and Recovery Promotion in Behavioral Health Services , *Treating the Chemically Dependent and Their Families* Dennis C. Daley,Miriam S. Raskin,1991 Chemical dependency For many families it has become an all too common problem be it drug or alcohol related What is needed is a practical resource that clearly outlines effective forms of intervention and treatment for chemically dependent individuals and families Answering this need is *Treating the Chemically Dependent and Their Families* Written by practitioners for practitioners this informative volume presents the major issues relevant to addiction and recovery from the perspectives of the addict the addict s family and the practitioner Replete with numerous case studies contributors discuss the consequences of addiction assessment of addiction problems recovery issues treatment resources relapse prevention effects on the addict s family and issues in family recovery For practitioners students or family members themselves searching for answers to this tragic problem you can t find a better resource than *Treating the Chemically Dependent and Their Families* A valuable resource for the rehabilitation counselor Many of the topics such as professional enabling apply to the counselor who is in the field of chemical addiction One of the strengths is an overview of all the aspects of chemical addiction Each chapter has an impressive list of references The chapter on relapse prevention is encouraging The book is well organized which leads to its usability *Journal of Applied Rehabilitation Counseling*

Relapse Prevention Workbook Dennis Daley Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Relapse Prevention Workbook Dennis Daley**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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