

# 10 KEY STRATEGIES FOR RELAPSE PREVENTION

## Identify & Manage Triggers

Know your triggers so you can avoid them or find healthy ways to deal with them.

- People
- Emotions
- Places
- Situations

## Maintain a Support Network

A strong support network is essential for sobriety.

- Support groups
- Sober friends & family
- Therapist or counselor

## Create a Relapse Prevention Plan

A plan will keep you on track when things get tough.

- Steps to take if you feel like using
- List of coping strategies for triggers
- Contact info for support people

## Practice Self-Care

Taking care of yourself physically & mentally is important for sobriety.

- Eat & Sleep well
- Exercise regularly
- Practice mindfulness

## Manage Stress

Stress can be a major trigger, managing it effectively is crucial.

- Exercise
- Meditation
- Hobbies
- Time outdoors

## Develop Coping Skills

Healthy coping skills can help you manage difficult emotions & situations.

- Deep breathing
- Visualization
- Journaling

## Avoid High Risk Situations

Avoid certain situations that increase your risk of relapse.

- Being around people who use
- Going to places you used to use

## Stay Busy

Stay engaged in positive activities to keep your mind off drugs or alcohol.

- Volunteering
- Pursuing hobbies
- Finding a new skill

## Practice Gratitude

Practicing gratitude can help you maintain positivity & focus on the good things in your life.

- Gratitude journal
- Time for reflection

## Stay Committed

Staying committed to your sobriety is essential.

- Attend group meetings
- Keep up with therapy
- Reach out for support

# Relapse Prevention Group Handouts

**James R. Finley**



## **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

*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 treat providers Offers recomm on treat approaches recomm to maximize treat engagement strategies for planning and initiating treat and strategies for initiating and maintaining abstinence Includes recomm for the med mgmt of stimulant users and recomm regarding special groups and settings

**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

**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

**Group Cognitive Behavior Therapy for Eating Disorders** Suzanne Bailey-Straebler, Laura Sproch, 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 s 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      *Rumination-Focused Cognitive-Behavioral Therapy for Depression* Edward R. Watkins, 2016-06-06 From a leading clinician researcher this book presents an empirically tested approach for helping clients with severe and chronic depression by directly tackling negative rumination Rumination focused cognitive behavioral therapy RFCBT combines carefully adapted elements of CBT with imagery visualization and compassion based techniques The book provides everything needed to implement this 12 session approach including numerous sample dialogues a chapter length case example reflections and learning exercises for therapists and 10 reproducible client handouts Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size      *Trauma and Grief Component Therapy for Adolescents* William Saltzman, Christopher Layne, Robert Pynoos, Erna Olafson, Barbara Boat, Julie Kaplow, 2017-12-21 A guide for treating trauma and bereavement that can be flexibly implemented in group and individual settings to empower adolescents      **The SAGE Encyclopedia of Abnormal and Clinical Psychology** Amy Wenzel, 2017-03-16 Abnormal and clinical psychology courses are offered in psychology programs at universities worldwide but the most recent major encyclopedia on the topic was published many years ago Although general psychology handbooks and encyclopedias include essays on abnormal and clinical psychology such works do not provide students with an accessible reference for understanding the full scope of the field The SAGE Encyclopedia of Abnormal and Clinical Psychology a 7 volume A Z work print and electronic formats is such an authoritative work Its more than 1 400 entries provide information on fundamental approaches and theories various mental health disorders assessment tools and psychotherapeutic interventions and the social legal and cultural frameworks that have contributed to debates in abnormal and clinical psychology Key features include 1 400 signed articles contained in 7 volumes and available in choice of print and or electronic formats Although organized A to Z front matter includes a Reader s Guide grouping related entries thematically Back matter includes a Chronology Resource Guide Bibliography and detailed Index Entries conclude with References Further Readings and Cross References to related entries The Index Reader s Guide themes and Cross References between and among entries all combine to provide robust search and browse features in the electronic version      **Treating Youth Who Sexually Abuse** Stephen Lundrigan, 2014-01-14 A comprehensive program of treatment for adolescent sex offenders Covering every phase from assessment to relapse prevention this valuable book offers specific suggestions and backs them with the latest research as well as years of clinical experience Treating Youth Who Sexually Abuse An Integrated Multicomponent Approach is a training tool reference book and field manual for the use of therapists administrators and everyone involved with the assessment treatment and placement of sexually abusive youth Beginning with a broad view of the continuum of programs available and the structure of the service delivery system that

provides treatment Treating Youth Who Sexually Abuse continues with specifics of program policy and design in both outpatient and inpatient settings From choice of client to aftercare the book covers the specifics of pretreatment various modalities of therapy inpatient and outpatient programs and relapse prevention programs The foundations of program structure and the specific components such as family therapy group therapy milieu treatment are integrated to make a powerful flexible and above all effective treatment tool Treating Youth Who Sexually Abuse offers practical advice and help for therapists and administrators including ready to use treatment materials reproducible group curricula sample schedules for full day treatment and afterschool programs discussions of staff training and administrative concerns information on liability issues ideas for coordinating care with other treatment providers Treating Youth Who Sexually Abuse An Integrated Multicomponent Approach is an essential training tool for students a field manual for professionals and a reference book for everyone interested in sex offence specific treatment for youth With case studies diagnostic criteria helpful tables and diagrams listings of organizations in the field and Web addresses this volume deserves a permanent place on your professional bookshelf

DBT Skills Training Manual Marsha M. Linehan, 2025-08-14 The definitive skills training manual embraced by Dialectical Behavior Therapy DBT practitioners worldwide is now in a revised edition reflecting important shifts in language technology and daily life All skills guidelines and examples have been retained from the bestselling second edition with updates throughout to enhance usability and inclusivity In a convenient 8 1 2 x 11 format the book provides complete instructions for orienting clients to DBT structuring group sessions troubleshooting common problems and tailoring skills training curricula for different settings and populations It offers detailed teaching notes for the full range of mindfulness interpersonal effectiveness emotion regulation and distress tolerance skills and describes how to use the associated handouts and worksheets Handouts and worksheets are not included in this book they can be found in the related volume available separately DBT Skills Training Handouts and Worksheets Revised Edition

Prolonged Exposure for PTSD in Intensive Outpatient Programs (PE-IOP) Sheila A. M. Rauch, Barbara Olasov Rothbaum, Erin R. Smith, Edna B. Foa, 2020 Prolonged Exposure for PTSD in Intensive Outpatient Programs PE IOP is the definitive guide to implementation of exposure therapy for PTSD in a mass intensive outpatient format

**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 SAGE Encyclopedia of Criminal Psychology* Robert D. Morgan,2019-04-25 The SAGE Encyclopedia of Criminal Psychology will be a modern interdisciplinary resource aimed at students and professionals interested in the intersection of psychology e g social forensic clinical criminal justice sociology and criminology The interdisciplinary study of human behavior in legal contexts includes numerous topics on criminal behavior criminal justice policies and legal process crime detection and prevention eyewitness identification prison life offender assessment and rehabilitation risk assessment and management offender mental health community reintegration and juvenile offending The study of these topics has been increasing continually since the late 1800s with people trained in many legal professions such as policing social work law academia mental health and corrections This will be a comprehensive work that will provide the most current empirical information on those topics of greatest concern to students who desire to work in these fields This encyclopedia is a unique reference work that looks at criminal behavior primarily through a scientific lens With over 500 entries the book brings together top empirically driven researchers and clinicians across multiple fields psychology criminology social work and sociology to explore the field *Mindfulness-Based Substance Abuse Treatment for Adolescents* Sam Himelstein,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 **Treating Trauma in Dialectical Behavior Therapy** Melanie S. Harned,2022-04-13 Many DBT clients suffer from posttraumatic stress disorder PTSD but until now the field has lacked a formal tested protocol for exactly when and how to treat trauma within DBT Combining the power of two leading evidence based therapies and designed to meet the needs of high risk severely impaired clients this groundbreaking manual integrates DBT with an adapted version of prolonged exposure PE therapy for PTSD Melanie S Harned shows how to implement the DBT PE protocol with DBT clients who have achieved the safety and stability needed to engage in trauma focused treatment In a convenient large size format the book includes session by session guidelines rich case examples clinical tips and 35 reproducible handouts and forms that can be downloaded and printed for repeated use



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