

RELAPSE PREVENTION PLAN

What is your drug of choice?

Preventing relapse requires a commitment to recovery. It also requires a plan of action. Relapse is not an event, but a process. Before the physical act of relapse, there are changes in feelings, thoughts, and behaviors. Cravings also play a role in relapse. By developing and following a written plan, you can halt the relapse process.

Write down at least three (3) reasons you are ready to stop drinking/using.

1. _____
2. _____
3. _____

What are some feelings that may trigger a relapse?

- ☐ Anger
- ☐ Grief
- ☐ Jealousy
- ☐ Fear
- ☐ Embarrassment
- ☐ Hopelessness
- ☐ Joy
- ☐ _____
- ☐ _____

For each feeling you checked on the left, write down a healthy way to cope with the feeling.

What are some thoughts that may lead to relapse? (Examples: Thinking about the good times or thinking you are cured.) Be as specific as possible.

1. _____
2. _____
3. _____
4. _____
5. _____

Relapse Prevention Group Handouts

Julia Schneider



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

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

Counselor's Treatment Manual,2006

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 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 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.

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 as part 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.

Group Psychotherapy and Addiction Bill Reading, Martin Weegmann, 2008-09-15. Rich traditions of group therapy permeate the substance misuse field from residential and day centre group programmes and the fellowship group tradition to the panoply of support education and relapse prevention groups offered by out patient services. There are specialist groups e.g. art therapy and psychodrama and groups for special population e.g. relatives prisoners and adult children of alcoholics. This important collection is written by many well known experts several renowned on the international stage with perspectives from the UK USA and Scandinavia. They share their extensive experiences in the conceptualisation setting up and running of therapy groups. Ultimately all are concerned in their groups to increase empathic contact and thereby to facilitate opportunities for addicts to embark upon change. With no equivalent UK book of its kind the reader has a rare opportunity to consider this subject in impressive scope diversity and depth.

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 **Programs and Activities** Mark D. Martin, 2010 **Recovery Training and Self-help** , 1993 **Group Therapy for Substance Use Disorders** Linda Carter Sobell, Mark B. Sobell, 2011-06-22 This authoritative book presents a groundbreaking evidence based approach to conducting therapy groups for persons with substance use disorders The approach integrates cognitive behavioral motivational interviewing and relapse prevention techniques while capitalizing on the power of group processes Clinicians are provided with a detailed intervention framework and clear cut strategies for helping clients to set and meet their own treatment goals More than two dozen ready to use reproducible assessment tools handouts homework exercises and session outlines are supplied in a convenient large size format **Therapy Manuals for Drug Addiction** Dennis C. Daley, 2002 **Therapy Manuals for Drug Addiction** , 1998 Family Support Network for Adolescent Cannabis Users: Cannabis Youth Treatment Series - Volume 3 U.S. Department of Health and Human Services, 2018-11-21 Thus substance abusing adolescents experiencing inadequate family structure and functioning will be at a serious disadvantage with regard to recovery Their recovery however is likely to be enhanced if family functioning can be improved Deficits in family functioning may be related to dimensions of authority roles boundaries communication and routines Parental authority may be eroded and roles confused boundaries may be blurred or violated communication may be dysfunctional and conflict laden and family structure or routine may be lacking Inadequate parenting skills or poor understanding of family dynamics may also contribute to a chaotic or otherwise dysfunctional family context Therapist's Guide to Evidence-Based Relapse Prevention Katie A. Witkiewitz, G. Alan Marlatt, 2011-04-28 Describes the evidence based approaches to preventing relapse of major mental and substance related disorders Therapist s Guide to Evidence based Relapse Prevention combines the theoretical rationale empirical data and the practical how to for intervention programs The first section will serve to describe the cognitive behavioral model of relapse and provide a general introduction to relapse prevention techniques While Section II will focus on specific problem areas Section III will focus on diverse populations and treatment settings Incorporates theoretical and empirical support Provides step by step strategies for implementing relapse prevention techniques Includes case studies that

describe application of relapse prevention techniques

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